

Kathrin Gebhardt

THE HIGH ART OF

Baking with Hemp



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THE HIGH ART OF

Baking with Hemp

Kathrin Gebhardt

with contributions from
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Joubin Gandjour
and **Franjo Grotenhermen**, M.D.

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This book is dedicated to all conscious agents.

The original edition
was published by AT-Verlag,
Baden und Nachtschatten Verlag,
Solothurn, CH, 1997

Layout
gebr.silvestri, Amsterdam

Food-Photography
© by Andreas Thumm, Freiburg,
Baden-Württemberg, Germany

ISBN
978-3-00-029492-1

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Thanks to
Don Michele Mezzow for revising the text
as well as
Hans Cousto
Dirk Woite
Hubert Saier
Frederik
Käthe
Uwe Friedrich
and the guinea pigs

The publishers of this book do not endorse breaking the law and do not intend
to encourage or promote the use of illegal hemp products.
These days, hemp is being rediscovered in it's variety. Knowledge of the value
of this rich plant, in its various aspects, deserves to be made accessible to a wide
audience.
For information on the medicinal use of hemp, I recommend visiting the website
of the International Association for Cannabis as Medicine
www.cannabis-med.org

50 cents of the proceeds of each book sold goes to support the IACM.

TABLE OF CONTENTS

Foreword by Franjo Grotenhermen, M.D.	6
Using Hemp in the Kitchen Dosage table And if one does start to feel bad For whom is cannabis not appropriate? About the recipes	7 7 8 8 9
Baking with Hashish	11
Baking with Grass	35
Baking with Hemp Seeds	58
Desserts with Hashish and Grass	67
Cooking with Hashish, Grass, and Hemp Seeds	73
Hot & Cold Drinks with Hemp How does the THC get in the Tea? by Frank T. Wortmann	80
The Physiological and Noutritional Value of Hemp Seeds and Hemp Oil by Franjo Grotenhermen, M.D.	87
Cannabis as Medicine A Critical Assessment by Joubin Gandjour, M.D.	91
List of Recipes	97

FOREWORD

by Franjo Grotenhermen, M.D.

Medicine used to have to taste bitter if it wanted to accentuate it’s healing properties. The Christian, self-mortification idealizing West only allowed for positive experiences, even during sickness, when they were paid for in sweat, pain, and tears. Hedonistic ideas and practices were suspiciously condemned and this is often still the case today. Sick people don’t just suffer, they ought to suffer. Refined methods of preparation like those described in this book create, in contrast, a medicine that can sweeten up suffering a bit.

The oral ingestion of Cannabis products is often preferred to inhalation for medical use. The effect lasts longer and, with the right dose, does not lead to relevant psychotropic effects. It also prevents the irritation of mucous membranes caused by smoke.

In July of 1997, at their congress in Edinburgh, the British Medical Association (BMA) called for the legalization of cannabis for treating serious illnesses such as multiple sclerosis and cancer. The BMA reaffirmed an international trend in medicine that demonstrates a new appreciation for and acknowledgement of the therapeutic potential of the hemp plant. In Germany, Switzerland, and Austria, indications are increasing that the ban on therapeutic uses of cannabis and the criminalization of the sick have a good chance of going down in the history of medicine as passing aberrations of the 20th century. It has been known for a long time that cannabis is a comparably safe medicine which exhibits a lesser potential for addiction than many prescription drugs.

It may be possible in the near future for a doctor to be allowed to prescribe several cannabinoids and natural cannabis. If this happens, a sick person may legally try out a recipe from this book with all of its ingredients.

Summer of 1997, Cologne, Germany

USING HEMP IN THE KITCHEN

Dosage Table

The following chart refers to hashish and grass from indoor production with a THC content of 8-16%. When using outdoor species with a THC content of 4-8%, one should raise the amount accordingly, and lower it accordingly when using especially potent types of grass.

The borderline for the appearance of light psychotropic effects is 0.2-0.3 mg THC per kilogram of body weight. For a person weighing 50 kg, this would mean 10-15 mg of THC, for a person weighing 80 kg, 16-24 mg of THC. With a THC concentration of 8%, 0.1-0.2 grams of marijuana or hashish will bring a person weighing 50 kg to this border; the same concentration, 0.2-0.3 grams will achieve the effect for a person weighing 80 kilos. Persons with previous experience can consume a greater amount. Beginners should not exceed these amounts for their first time, so as not to be surprised by a change of consciousness.

Necessary Amount of Marijuana or Hashish with a THC content of 8%*:

Body weight	50 kg	60 kg	70 kg	80 kg	90 kg
Effect light (0.2-0.3 mg THC per kg)	0.13 - 0.19 g	0.15 - 0.22 g	0.18 - 0.27 g	0.2 - 0.3 g	0.23 - 0.34 g
Medium to strong (0.4-0.6 mg THC per kg)	0.26 - 0.38 g	0.3 - 0.44 g	0.36 - 0.54 g	0.4 - 0.6 g	0.46 - 0.68 g

*Doses should be raised or lowered with respect to higher or lower THC content.

Choose a smaller dosage on an empty stomach. Patiently wait 1 - 1 ½ hours before scarfing down the next piece. The momentary mood and expectations (“set”) will steer the course of the high. The environment (“setting”) also plays an important role. (the term “set & setting” was coined by Timothy Leary)

more information: http://en.wikipedia.org/w/index.php?title=Set_and_setting&oldid=204910207
Seasoned smokers should not underestimate the effect of oral ingestion. In order to obtain psychotropic effects, a higher dosage is necessary. This however, is more difficult to control, and the effect lasts decidedly longer than that of inhalation.

And if one does start to feel bad...

A lot of vitamin C! Drink a mix of orange juice and a freshly juiced lemon, or an apple spritzer (2/3 apple juice 1/3 carbonated water) with lemon. Drink warm milk with honey. Take off restrictive clothing like shoes, belts, etc... Fresh air! (see also “Too Much,” page 94)

Cookie therapy or synthesized THC?

Because cannabis intensifies basic tendencies, unstable people in difficult life situations should refrain from using it. In such cases, one should abstain from all drug use. People wanting to use cannabis as a medicine will be bestserved by the “Shit Biscuits” (page 22) or the “Shortbread Hash Fingers” (page 20). These recipes are ideal because of their low dosage and long shelf life. Eating three cookies a day, one after each meal, will produce at most a very slight high or none at all. In Germany, the synthetic cannabinoid Nabilone and synthetic THC (Dronabinol) can be prescribed by a doctor. Natural cannabis, however, is in many cases regarded as superior to these synthetic products because it contains other cannabinoids that have a positive influence on the THC effect. In addition, synthetic products are excessively expensive. (The pharmaceutical industry sees sickness as a means to a successful bottom line. It is time to put a long overdue end to the era of poisonous chemicals by using natural medicine.)

About the Recipes

In all recipes containing hashish, I assume a very high quality of hash. Due to it’s illegal status, bad quality hash is often heavily contaminated and offers less of the therapeutic effect (an increase in perception and empathy, facility in communication). The widely known hemp recipes stem from travellers from oriental lands and especially from the pen of the very experienced cannabis researcher, comrade-in-arms Hans Georg Behr during the 60’s. The recipes were already very generously dosed for their time. Therefore, I recommend to everyone that they follow the specifications in my recipes. Inexperienced people in particular should initially use recipes with a low dosage. The hash must be warmed up so that one can work with it. This can be done with a lighter for pieces up to about 3 grams. Larger pieces should be warmed in an oven for approximately 3 minutes at 80 degrees Celsius and then crumbled.

All recipes can also be prepared without “special ingredients.” With the exception of “Kir de Kif” and for adding aroma, alcohol is purposefully excluded. As insiders know, “If you mix the east and west, the morning after is a mess.”

The vanilla sugar used in the recipes is granulated sugar with vanilla added. It’s easily made by placing a vanilla pod in sugar until the sugar takes on a fine vanilla aroma.

General tip: If your dough is too dry, add your choice of water, milk, lemon juice, or eggs. If the dough is too soft, add a bit of flour or something similar.

The number of symbols indicates the complexity and difficulty of the recipes:

-  **easy to make**
-   **easy, but not to be underestimated**
-    **larger expenditure of time**
-     **requires a small amount of working knowledge, and a bit of time**

THE HIGH ART OF

Baking with Hash

Hash Ducat Buchtels ^{✱✱}

✱ Recommended amount of hash:

2g for 4-7 people

0.2g per buchtel

For 7 small buchtels

(a small buttered casserole dish)

300g flour

20g yeast

100 ml lukewarm milk

30g butter

35g vanilla sugar

2 table spoons lemon juice

a bit of salt

2g hash

1 egg

a bit of water

60g melted butter

Put 200g of sifted flour with the yeast in a bowl. Add the luke-warm milk and make a sponge (thick batter). Sprinkle a bit of flour on the sponge, cover it, and let it sit for around 10 minutes in a warm place.

Melt the butter and mix in the lemon juice and salt. Warm up the hash, crumble it, and carefully add it to the butter mixture. Stir the mixture with a wooden spoon on high heat until the hash is dissolved. Let it cool and stir in the egg until the mixture is nice and creamy. Add the mixture and the rest of the flour to the sponge and knead it into a smooth dry yeast dough. (If it is too firm, add a bit of water.) Let it sit another 15 minutes.

Preheat the oven to 200 degrees Celsius.

Divide the dough into 7 pieces. Make them round and dip them individually in the melted butter, then put them into the casserole dish. The foodies among you can stick fresh plum or apricot inside.

Bake the buchtels in preheated oven for 15 minutes until they are golden brown.

Sprinkled the desired amount of powdered sugar and vanilla sauce on top.

Tip: A yeast dough will only be good if the neighbours downstairs hear you beating it! A few big pores with big dough walls become in this way in a dough many small pores with thin dough walls. Thus it will take in heat better and you will enjoy a fast, easy baking result.



Amsterdamer Special

 Recommended amount of hash:

8g for 20 people
0.4g per slice

For an adjustable cake ring or spring form pan with a 24 cm diameter

7 eggs
140g sugar
1 pinch of salt
1 tablespoon vanilla sugar
grated peel of ½ a lemon
90g butter
8g hash
105g sifted flour
100g cornstarch

German Butter Cream

¾l whole milk
½ package of vanilla cream powder
2 eggs
1 tablespoon vanilla sugar
700g butter
2 tablespoons vanilla sugar
80g powdered sugar
A bit of salt
20g granulated sugar

This is definitely the most complicated recipe, but offers insight into the good old confectionery arts, which came out before the ready-made-mix and other food chemistry.

For the torte crust, whisk together the eggs with the sugar and the other spices in a fireproof pot and set it in a double boiler filled with 40 degree Celsius water.
In the mean time, melt the butter in a casserole dish. Warm the hash in the oven, and crumble it into the butter.
Beat the egg-sugar mixture cold, until it expands. A mark should remain when you run your finger through it.
Preheat the oven to 180 degrees Celsius.
Mix the flour and the cornstarch, sift it, and carefully fold it in. Carefully mix in the hash at the end (it should be not warmer than body temperature).
Fill the cake ring or spring form pan with the mixture, and bake it in the preheated oven on the middle rack for 30-40 minutes. The torte crust is baked through when it bounces back from a light poke.

Advice: The crust is easier to cut if you bake it one day before the garnishings.

For the butter cream, boil the milk, vanilla cream powder, and the two egg yolks until it becomes creamy, stirring in the yolks and the powder. Let the boiled cream cool on a plate and sprinkle the surface with vanilla sugar so that it doesn't form a skin. Whisk the butter, vanilla sugar, powdered sugar, and salt together until they become a flexible mass. Add the vanilla cream bit by bit.
Beat the egg whites stiff with the granulated sugar and fold in the butter cream.

Cut the crust with a pie knife in three or four pieces. Turn the crust while cutting. Spread 4 tablespoons of cream evenly thin on the crust. Put the next layer on and press down lightly (preferably with a torte plate, or the bottom of a spring form). Repeat this with the rest of the layers.
Brush the leftover cream first on the surface, then the edges. A dough scraper can be very useful to make the edges straight. Let the torte set and the first brushing cool. Repeat this with the rest of the cream.
Cut the torte into 20 pieces. Squeeze a cream rosette on each



piece and garnish them as needed. As a variation for in home use, brush the surface a bit thicker, and make a pattern with a tablespoon. You can also sprinkle a bit of cocoa on top. If you like, intersperse shaved almonds around the edge. For the foodies with a bit of time for gusto, you can make a “Gelee spiegel” (jelly mirror). For the “Gelee spiegel”, cut out a 6 cm marzipan coin and lay it on a grill rack from the oven to dry. Put some finely chopped grass into warmed up corn syrup, then pour it over the marzipan. Put a hemp leaf on top and press it down lightly. With a bit of luck, you can find the corn syrup used by baker-ies and pastry shops. Unfortunately it is becoming rarer, as the mass produced type pushes it out of the market.

Tip: If the Vienna crust fails due to a lack of baking experience, you don’t have to throw it away, or eat it dry. It is an ideal basis for “Hashimisu” on page 72!

Here are three delicious variations to give aroma to the cream:

Marzipan Amaretto Cream

50g raw marzipan
3 shots of amaretto

Chocolate Chartreuse Cream

100g dark chocolate
3 shots of Chartreuse
(French peppermint liqueur)

Orange Cointreau Cream

juice of one orange
3 shots of Cointreau

Hold back a third of the butter cream (without marzipan) for garnishing. Knead the marzipan with a bit of cream until it is soft. Fold it into the rest of the cream. Add the liquor and work it into a homogeneous mass. If it is too hard, warm it up and make it even with a whisk.

Hold back a third of the butter cream for garnishing. Melt the chocolate in a double boiler and fold it into the cream. Add the liquor and work it into a homogeneous mass. If it is too hard, warm it up and make it even with a whisk.

Hold back a third of the butter cream for garnishing. Fold in the orange juice and the Cointreau. If it is too hard, warm it up and make it even with a whisk.

Hashish Challah

 **Recommended amount of hash:**

3g for approx. 10 people
0.3g per piece

50g butter
3g hash
200g flour
20g yeast
5 tablespoons of lukewarm milk
1 egg
20g sugar
2 pinches of salt
1 egg to brush on

Melt the butter. Warm the hash, crumble it, and dissolve it in the butter. Let it cool. Work the flour, yeast, and lukewarm milk into a sponge (thick batter). Let it sit for 10 minutes in a warm place. When the sponge starts tearing, add the hash butter, egg, sugar, and salt, and knead it into a smooth dough. If it becomes too soft after kneading, add a bit of flour. Let it sit for 15 minutes. Separate the dough into three equal pieces and roll them into long tubes. Lay them so that they taper together. Braid the three pieces and push them together at the end. Let it sit another 15 minutes, and brush it with the egg. You can also sprinkle on grated hemp seeds. Bake it for 15 minutes on the middle rack at 200 degrees Celsius.

Squeezed Hash Cookies ^{✱✱}

✱ Recommended amount of hash:

4g; makes 100 cookies
approximately 0.04g per cookie

- 450g butter
- 4g hash
- 150g sifted powdered sugar
- 1 pinch of salt
- seeds scratched out of one vanilla pod
- ½ grated lemon peel
- 1 egg
- 425g sifted flour
- 125g cornstarch

Heat up half of the butter. Warm up the hash and crumble it as fine as possibly into the liquid butter. Knead in the rest of the butter. Fold in the powdered sugar, the spices, and the egg by hand (don't beat it into a foam!) The butter mass should be soft, but not liquid. Mix the flour and cornstarch. Add the butter mixture, folding it in carefully. Preheat the oven to 200 degrees Celsius. Equip a piping bag with, if possible, a large star spout. Fill it with the dough, and squeeze it onto baking paper laid out on a baking sheet. In the preheated oven, bake the cookies for around 13 minutes on the middle rack.

Tip: If the dough ends up being too firm to squeeze out, don't despair! It can still be saved. Just add a bit of flour, knead the dough and let it cool for one hour. Then roll it flat and cut out small cookies. Brush them with egg, and garnish with sugar, almonds, or chocolate crumbles. Bake as described above.

Squeezed Hash Cookies for Diabetics ^{✱✱}

✱ Recommended amount of hash:

2g; makes 60 cookies
approximately 0.03g per cookie

- 350g butter
- 2g hash
- 135g fructose
- 1 tablespoon of vanilla sugar
- 1 pinch of salt
- 40 ml condensed milk
- 300g sifted flour
- 100g cornstarch
- 80g fructose chocolate coating shaved or cut as finely as possible

Heat up half of the butter. Warm up the hash, and crumble it as fine as possible into the liquid butter. Fold in the fructose, the spices, and the condensed milk by hand. (Don't beat it into a foam!) The butter mass must be soft, but not liquid. Mix the flour and cornstarch. Add the butter mass and fructose chocolate, folding it in carefully. Preheat the oven to 200 degrees Celsius. Take a piping bag with a large star spout, fill it with the dough, and squeeze it onto baking paper laid out on a baking sheet. In the preheated oven, bake the cookies for around 13 minutes on the middle rack.

Hash Sand Cake ^{✱✱✱}

✱ Recommended amount of hash:

4g; makes 20 slices
0.5g per slice

For a buttered ring shaped cake form with a 24 cm diameter, sprinkled with bread crumbs

- 250g butter
- 4g hash
- 20g raw marzipan (optional)
- 165g cornstarch
- 5 eggs
- 250g sugar
- 1 pinch of salt
- scratched out seeds of one vanilla pod
- juice of one half a lemon
- 150g sifted flour
- ½ a small package of baking powder
- butter and bread crumbs for the form
- 1-2 small packages of chocolate icing, as preferred

Heat up the butter. Warm the hash and crumble it into the butter. Let the butter cool until it has a solid but soft consistency. Add the marzipan and knead it until it is soft. In a fireproof container, beat the eggs, sugar, and spices together over a small flame until it reaches about 50 degrees Celsius. Beat the mixture cold until it is thick. Preheat the oven to 180 degrees Celsius. Stir the egg mass and the flour alternately into the butter mixture. Fill the prepared cake form with the mixture. Bake the cake for around 40 minutes on the middle rack of the preheated oven. Poke the cake with a toothpick to see if it is baked through.

Tip: If you cover the cake with chocolate icing, it stays fresh longer. Otherwise, sprinkle powdered sugar on top.

Shortbread Hash Fingers [✦]

✦ Recommended amount of hash:

4g; makes about 80 fingers
approximately 0.05g per finger

For a baking sheet measuring about 42 x 35 cm

320g butter
4g hash
1 pinch of salt
juice of half a lemon
2 tablespoons of vanilla sugar
2 tablespoons of water
180g sugar
500g flour
1 cup of extra fine sugar

Melt 100g of butter. Warm the hash, crumble it, and dissolve it into the butter. Knead the liquid butter into the rest of the butter. Work the spices, sugar, and lastly the flour into the butter, and press it into a short pastry. Let the dough sit a minimum of two hours in the refrigerator.

Preheat the oven to 200 degrees Celsius.

Roll out the dough to fit the size of the baking sheet and lay it on top of baking paper on the sheet. Perforate the dough's surface with a fork. Bake the dough on the middle rack of the oven for 20-30 minutes.

Cut the sheet cake into pieces around 2 x 7 cm with a sharp knife, and place them immediately in the extra fine sugar.



Squeezed Hash Cookies
Shortbread Hash Fingers

Cannabis Poppy Torte✿✿

✿ **Recommended amount of hash:**
3g; makes 12 pieces
0.4g per piece

For a spring form with a diameter of 24 cm, buttered and sprinkled with bread crumbs

- 100g butter
- 3g hash
- 100g sugar
- 4 eggs
- 20g candied orange peel
- pinch of salt
- a bit of powdered cinnamon
- 80g ground poppy-seeds
- 20g ground hemp seeds

Melt 50g of butter. Warm up the hash, crumble it, and dissolve it in the butter. Knead in the rest of the butter, then stir in 50g of sugar and the 4 egg yolks until it is creamy. Combine the candied orange peel, a pinch of salt and cinnamon, the poppy-seeds, and the hemp seeds, and mix them into the butter mixture. Preheat the oven to 180 degrees Celsius. Beat the four egg-whites, the rest of the sugar, and a pinch of salt until it is very stiff, and fold it carefully into the poppy-seed mixture. Fill the prepared form evenly, and bake the cake in the preheated oven on the middle rack with heat from below for 40 minutes. After it cools, place cannabis leaves on top and sprinkle with powdered sugar. Carefully remove the cannabis leaves.

Shit Biscuits✿

✿ **Recommended amount of hash:**
2g; makes about 50 biscuits
approximately 0.04g per biscuit

- 150g butter
- 2g hash
- 150g sugar
- 2 pinches of salt
- 2 pinches of powdered cinnamon
- 1 egg
- 265g flour

Warm up 50g of butter. Warm up the hash and crumble it into the liquid butter, dissolving it as finely as possible. Knead it in with the rest of the butter. Add the sugar, spices, and egg and stir. (Do not beat it into a foam.) Knead the flour into the mixture. Preheat the oven to 200 degrees Celsius. Roll out the dough on a floured surface until it is about 4 mm thick. Cut out biscuits with a form of about 6 cm in diameter. Lay these on a sheet covered with baking paper. Place it in the oven on the middle rack and bake for approximately 10 minutes.

Tip: If no proper cookie cutter is available, you can always grab a drinking glass...

If you would like to see an example of how this works, check out the video on our website

Cannabanana Wreath✿✿

✿ **Recommended amount of hash:**
4g; makes 20 slices
0.2g per slice

For a ring cake form with a 24 cm diameter

- 250g butter
- 4g hash
- 150g sugar
- grated peel of ½ a lemon
- 2 pinches of salt
- a bit of powdered cinnamon
- 5 eggs
- 80g grated coconut
- 500g ripe bananas
- Juice from 1 lemon
- mixed with
- 2 cl of rum
- 250g flour
- 1 small package of baking powder or baking soda

Lemon or Amaretto glaze

- 250g powdered sugar
- 1 drinking glass of lemon juice or Amaretto
- ½ tablespoon of powdered cinnamon

Melt 50 grams of butter. Warm up the hash, crumble it, and dissolve it into the butter. Beat the rest of the butter, 50g of sugar, and the spices into a foam. Separate the eggs. Mix in the yolks and the grated coconut alternately into the butter mixture. Peel and cube the bananas and sprinkle them with the lemon juice and rum mixture. Fold them into the yolk mixture. Sift the flour and baking powder or baking soda over it, and stir it in. Preheat the oven to 200 degrees Celsius. Beat the egg-whites with the rest of the sugar until they are stiff. First fold a third of it, then the rest into the banana mixture. Fill the buttered form with the mixture and place it on the middle rack of the preheated oven for around 80 minutes. For the frosting, sift the powdered sugar, stir it with the lemon juice or Amaretto and cinnamon, and pour it over the cooled cake. You can also sprinkle on some finely chopped grass if you like.

Hash-brown Cherry Cake ^{✦✦}

[✦] **Recommended amount of hash:**

4g; makes 16 pieces
0.25g per piece

- 200g butter
- 4g hash
- 250g sugar
- 2 pinches of salt
- ½ tablespoon of cinnamon
- grated peel of ½ a lemon
- 6 eggs
- 150g flour
- 100g ground hemp seeds
- ½ Tablespoon of baking powder or baking soda
- 100g dark chocolate (grated)
- 100g milk chocolate (grated)
- 250g sour cherries (well drained)

Melt 100 g of butter. Warm up the hash and dissolve it in the butter. Stir in 100g of sugar and the spices while adding yolks from time to time. The mixture should be foamy. Mix the flour and the hemp seeds and stir them in. Beat the egg whites with the rest of the sugar until they are very stiff. Fold the mixture carefully into the grated chocolate. First pull a third of the chocolate-egg mix into the batter, and then carefully fold in the rest. Preheat the oven to 180 degrees Celsius. Butter the spring form and sprinkle on bread crumbs. Pour in the batter and make it smooth. In the preheated oven, bake the cake on the middle rack with heat from below for 60-70 minutes. Lay a stencil on the cooled cake and sprinkle it with powdered sugar and cocoa. Carefully remove the stencil.

Hash Crescents [✦]

[✦] **Recommended amount of hash:**

2g; makes 50 pieces
approximately 0.04g per crescent

- 150g butter
- 2g hash
- 60g sugar
- 2 pinches of salt
- 1 vanilla pod
- scratched out seeds
- 90g grated almonds or hemp seeds
- 250g wheat starch
- 50g powdered sugar
- 2 tablespoons of vanilla sugar

Without eggs and flour

Melt 50g of butter. Warm up the hash, crumble it, and dissolve it in the butter. Knead in the rest of the butter and stir in the sugar and spices. Mix the almonds or hemp seeds with the wheat starch and knead them into the mixture. Let the dough cool for one hour. Preheat the oven to 180 degrees Celsius. Form the dough into a cylinder and break it into even pieces. Make a small tube out of each piece, and bend them into a crescent form. Lay them on a sheet covered in baking paper and place them in the preheated oven on the middle rack for 10-15 minutes. Mix the powdered sugar with the vanilla sugar and roll the crescents in the mixture while they are still warm.

Hash Crescents
Squeezed Hash Cookie for Diabetics

Hash Points

 Recommended amount of hash:

3g; makes 90 pieces
0.03g per piece

200g Butter
3g Hash
150g Sugar
5 Tablespoons of Vanilla sugar
1 pinch of salt
100g Flour
200g Sliced almonds

Melt 50 g of butter. Warm the hash up, crumble it, and dissolve it in the butter. Knead in the rest of the butter and then stir in the sugar, vanilla sugar, and spices. Fold in the flour, followed carefully by the almonds.
Preheat the oven to 180 degrees Celsius.
Form the dough as much as possible into small stick forms. Lay them, with plenty of distance between each piece, on baking paper on a sheet. Press down on them lightly with a wet fork. Bake them for 13 minutes in the preheated oven on the middle rack.

Indian Milk Toffee

 Recommended amount of hash:

3g; makes 60 pieces
0.05g per ball (with a diameter of around 1,5 cm)

2 l whole milk
2-3g hash or grass
100 ml cream
100g sugar
2 tablespoons of butter
4 tablespoons of ground nuts
(for example cashews or hazelnuts)

Recipe from Frank Wortmann

Boil the milk in a large, heavy pot on a high flame. Don't stop stirring, or the milk will burn! When the milk begins to rise, reduce the flame to medium, so that the milk boils lowly without rising. Stir the milk regularly with a wide wooden spatula so that it doesn't stick to the bottom of the pot. As the milk gets thicker, it must be stirred more often. As soon as the milk becomes a paste and the spatula leaves a trace when stirring, add the finely crumbled hash or grass, as well as the cream, sugar, and butter. Continue to let the paste cook while continuously stirring until it becomes thick enough to stick to the spatula. Take the paste off the flame and brush it out to a thickness of 1 cm on a baking sheet or tray. When the mass has cooled, it can be rolled into cherry sized balls between your palms. Roll the toffees in ground nuts and let them cool for a while.

Hash Chocolate Cake

 Recommended amount of hash:

2g; makes 20 pieces
0.2g per piece

75g dark chocolate
75g butter
2g hash
100g sugar
freshly grated lemon peel
or lemon peel aroma
2 pinches of salt
1 teaspoon of
powdered cinnamon
3 egg yolks
150g ground almonds
50g almond pieces
3 egg whites
20g cornstarch
½ packet of baking powder
or baking soda

Gluten-free!

Melt the chocolate in a double boiler.
Melt 40g of butter. Warm the hash, crumble it, and dissolve it in the butter. Stir the rest of the butter, 50g of sugar, spices, and yolks together to form a foamy batter. After that, slowly pour the warm chocolate into the batter while continuing to stir. Stir in the ground almonds and almond pieces.
Beat the egg whites and the rest of the sugar until it is very stiff and then carefully stir in the cornstarch and baking powder or baking soda. Fold in a bit of the egg mixture, and then carefully fold in the rest.
Preheat the oven to 200 degrees Celsius.
Butter a cake tin and sprinkle it with bread crumbs. Fill it with the batter. Bake it on the middle rack of the preheated oven for about 40 minutes.
Pour the chocolate icing over the cooled cake, or sprinkle it with powdered sugar.

chocolate icing or
powdered sugar

Hash Brownies [✦]

[✦] **Recommended amount of hash:**

3g; makes 30 pieces
0.1g per brownie

For a baking sheet of 36 x 30 cm

100g dark chocolate
250g butter
3g hash
200g honey
4 eggs
1 tablespoon of vanilla sugar
2 pinches of salt
150g flour
½ tablespoon of baking powder
or baking soda
150g chopped walnuts or
chopped almonds

For Garnishing

150g chocolate icing
halved walnuts or
halved almonds

I would like to dedicate this recipe to the hemp baking pioneer Mary Brown, whose brownies are well known outside of the state of California.

Melt the chocolate in a double boiler. Melt 50g of butter. Warm up the hash, crumble it, and dissolve it in the butter. Knead in the rest of the butter and stir in the honey, eggs, vanilla sugar, and spices. Add the liquid lukewarm chocolate bit by bit. Mix the flour with the baking powder or baking soda and walnuts or almonds and stir them in as well. Smooth out the mass on a baking sheet covered with baking paper. Put the sheet on the middle rack of a cold oven and bake for 25 minutes at 200 degrees Celsius. Melt the frosting and drizzle the brownies with the chocolate icing. Cut the brownies into 6 x 5 cm pieces and place a half walnut or almond on each piece.



Hash Cheese Cookies ^{✦✦}

[✦] **Recommended amount of hash:**

6g; makes around 120 pieces
0.05g per piece

- 200g butter
- 6g hash
- ¼ teaspoons of paprika
- ¼ teaspoons of pepper
- ½ teaspoon of salt
- 2 tablespoons of milk or water
- 1 egg, additionally 1 egg white
- 300g flour
- 75g cornstarch
- 1 small packet of baking powder or baking soda
- 200g grated ripe cheese

Melt 50g of butter. Warm the hash up in the oven, crumble it, and dissolve it in the butter. Knead in the rest of the butter, then stir in the spices, milk or water, egg and egg white. Sift the flour, cornstarch, and baking powder or baking soda, then mix in 150g of cheese. Knead in the hash-butter mixture. Let it cool for one hour. Preheat the oven to 200 degrees Celsius. Roll the dough out thin. Brush it with the thinned egg yolk and sprinkle on the cheese and spices. Press them down. Cut the dough into squares, triangles, diamonds, or small round cookies. Lay the pieces on a prepared baking sheet and place it on the middle rack of the preheated oven for 15-20 minutes until golden brown.

For Garnishing

- 1 egg yolk stirred with
- 1 tablespoon of milk or water
- 50g of grated ripe cheese
- a bit of unrefined salt
- caraway
- poppy-seeds
- paprika
- pepper mixed with parmesan cheese

Hash Cheese Chips [✦]

[✦] **Recommended amount of hash:**

2g; makes around 60 pieces
0.03g per chip

The dough requires patience, because it must be stored in the refrigerator for one day.

- 50g butter
- 2g hash
- 1 level teaspoon of salt
- 2 tablespoons of cream
- 1 egg yolk
- 125g flour
- 50g grated Emmentaler cheese

Melt 20g of butter. Warm up the hash, crumble it, and dissolve it in the butter. Knead in the rest of the butter, then add the salt, cream, and egg yolk. Mix the flour with the cheese, and knead it into the butter mass. Form the dough into a roll with a diameter of 4 cm, and roll it up in baking paper. Let the dough set in a cool place for one day, so that it can be cut into fine slices. Preheat the oven to 175 degrees Celsius and bake the chips for 8-10 minutes.

Squeezed Hash Cheese Sticks ^{✦✦✦}

[✦] **Recommended amount of hash:**

2g; makes about 20 pieces
approximately 0.1g per stick

- 150g butter
- 2g hash
- 1 egg
- ½ teaspoon of salt
- ½ teaspoon of paprika
- 100g flour
- 100g freshly grated parmesan cheese
- ½ teaspoon of baking powder or baking soda

Melt 30g of butter. Warm the hash, crumble it, and dissolve it in the butter. Knead it in with the rest of the butter, then stir in the egg and the spices. Mix the flour with the cheese and baking powder or baking soda. Stir them into the butter mixture. Don't stir too long, or the mixture will be too difficult to squeeze out. Preheat the oven to 175 degrees Celsius. Fill a piping bag with a large star spout with the mixture and squeeze out 10 cm long sticks on baking paper on top of a baking sheet. Bake the sticks on the middle rack of the preheated oven for about 15 minutes.

Tip: If the dough becomes too firm, fold in a bit of cream.

Hashew Cookies ✨

✨ **Recommended amount of hash:**

2g; makes 60 pieces,
0.03g per cookies with a 5.5 cm
diameter

150g butter
2g hash
2 eggs
1 teaspoon of curry powder
a bit of salt
150g salted ground cashews
150g flour
50g freshly grated
parmesan cheese

For the Sprinkling

1 egg yolk, mixed with a bit
of water
50g freshly grated parmesan
cheese

Melt 50g of butter. Warm the hash, crumble it, and dissolve it in the butter. Mix in the rest of the butter, the eggs, and the spices. Stir in the cashews with the flour and parmesan cheese and knead it into the butter mass. Let the dough set in a cool place for at least one hour.

Preheat the oven to 180 degrees Celsius.

Roll out the dough on a floured surface and cut out cookies with a diameter of about 5cm. Lay them on baking paper on a baking sheet. Brush the cookies with the thinned egg yolk and sprinkle on the parmesan cheese. Bake the cookies on the middle rack of the preheated oven for 12-15 minutes.



Hash Cheese Cookies
Squeezed Hash Cheese Sticks
Hashew Cookies

THE HIGH ART OF

Baking with Grass

**Dedicated to wonderful series “WEEDS”
We love it!**

Grass Strudel

 Recommended amount of grass:

5g; for 14-16 portions
0.3g per portion

For the Dough

- 25g sugar
- 1 egg
- 50 ml cream
- 1 teaspoon of vanilla sugar
- 1 tablespoon of lemon juice
- 1 pinch of salt
- 200g flour

For the Filling

- 1 kg apples
 (“Boskop” are the best for baking)
- 80g butter
- 5g finely chopped grass
 without the stems
- 80g roasted bread crumbs
- 50g raisins, soaked in rum
- 40g chopped and roasted
 almonds
- 75g melted butter
- 150g sugar, mixed with
- 1 teaspoon of cinnamon powder

Mix together the sugar, egg, cream, and spices, then add the flour. Knead it all to a well formed dough. Let it sit for 30 minutes, covered, in a cool place.

In the mean time, peel the apples, remove their seeds, and cut them into thin slices (for this you should use a potato peeler). Melt the butter and lightly braise the grass in it. Add the roasted bread crumbs, mix it all together, and let it cool.

Add the apples to the crumb mixture and mix them in as carefully as possible.

Now the dough should be good and tense. It should have reached room temperature and be ready for the exhausting part, the stretching. Lay a large kitchen towel on the table, and sprinkle it evenly with flour. Lay the dough on the towel and pull it out nice and long. Use a wooden roller to roll the dough into long and wide strip. Keep doing this all the way around, until the dough is thin, and the mixture can fit on top of it.

Spread the mixture out on the dough, leaving a small empty strip at the top and on both sides. Sprinkle on the rum soaked raisins and the roasted almonds. The strudel should be rolled up with the mixture in the middle by pulling up the towel, and continuing to gather it in, causing the dough to roll up into itself. With the help of the towel, lay the strudel on a baking sheet covered with baking paper.

Preheat the oven to 220 degrees Celsius.

Brush the strudel with the melted butter and bake it in the pre-heated oven for approximately 30 minutes, until it is crispy. Butter it again. Then sprinkle on the cinnamon sugar and enjoy it warm. For the real foodies, i recommend adding vanilla sauce or vanilla ice cream.

If you would like to see an example of how this works, check out the video on our website



Hemp Leaf Curd Cake

 Recommended amount of grass:

5g; makes 15 pieces
0.3g per piece

For a deep baking sheet (a paper frame can be used if necessary)

- 125g butter
- 5g grass, finely chopped
- 125g sugar
- 50 ml milk
- 3 eggs
- 1 pinch of salt
- 2 tablespoons of vanilla sugar
- juice of ½ a lemon
- 250g flour
- ½ a small package of baking powder

For the Curd-filling

- 5 eggs
- 225g sugar
- 1 kg low-fat plain curd (or low fat ricotta cheese)
- 40 ml hemp oil or sunflower seed oil
- 1 tablespoon of vanilla sugar
- 3 packages of vanilla sauce powder
- 200 ml cream
- 1 glass of drained maraschino cherries or other fruits

Melt 50g of butter. Add the finely chopped grass and let it cool. Mix in the rest of the butter. Stir the sugar, milk, eggs, and the spices in with the grass butter. Mix the baking powder or baking soda and flour and knead them into the mixture. Lay out the dough on a baking sheet covered with baking paper and bake it to a light brown at 200 degrees Celsius in a preheated oven. Then reduce the temperature to 180 degrees. For the filling, separate the eggs. Mix the yolks with half of the sugar and then mix them in with the rest of the ingredients. Beat the egg-whites stiff with the sugar and carefully fold it into the plain curd mixture. (At first just mix in a bit of the egg-white/sugar mixture in order to keep the mixture even.) Bake on the middle rack of the 180 degree Celsius preheated oven for 35 minutes. Let the baking sheet cool and then spread on the frosting.

Frosting

A tip for natural, healthy frosting: Agar-Agar is available in health food shops or for much cheaper in chinese grocery stores. It is made of seaweed, which can be helpful with hyperthyroidism. Furthermore, Agar-Agar frosting far outshines typical store bought frosting.

For a Baking Sheet Cake

- 1 ¾ l water
- 150g sugar
- 25g agar-agar
- ¾ l apple juice

Bring the water, sugar, and agar-agar to a boil. Take it off the fire, and add the apple juice. Test it, and if the frosting becomes to hard, add a bit of juice

Frosting for Diabetics

For two tortes:

Bring it all together to a boil.

- ½ l water
- 80g fructose
- 5g agar agar

Grass Sticks with Poppy and Sesame Seeds

 Recommended amount of grass:

3g; makes about 30 pieces
0.1g per stick

- 125g butter
- 3g finely chopped grass
- a bit of pepper and paprika
- ½ teaspoon of salt
- 50 ml cream or crème fraîche
- 200g flour

Melt 75g of butter and briefly brown the finely chopped grass in it. Use a stirring spoon to combine the rest of the butter, the spices, and the cream or crème fraîche. Then knead in the flour by hand. Let the dough set for 30 minutes in a cool place. Preheat the oven to 180 degrees Celsius. Sprinkle a flat surface with flour and roll the dough out on it until it is ½ cm thick and covers a rectangle of 8 x 40 cm. Cut the dough into 1 ½ cm wide strips. Brush them with water and sprinkle on the sesame and poppy-seeds. Lay the strips on baking paper on top of a baking sheet, and place it on the middle rack of the preheated oven for 10-12 minutes.

For Sprinkling

poppy and sesame seeds

Grass Spice Nuts✿✿

✿ **Recommended amount of grass:**

5g; makes about 40 pieces
0.125g per piece

Ideal for people that can't control themselves and don't have an oven!

- 10g butter
- 5g grass, finely chopped
- 2 heaping tablespoons (20g) of honey
- 2 heaping tablespoons (20g) of dried figs, finely chopped
- 2 heaping tablespoons (20g) of dates, finely chopped
- 2 tablespoons of raisins, soaked in rum or amaretto
- 1 ½ Tablespoons (15g) of chopped, roasted almonds
- 2 heaping tablespoons (20g) of chopped, roasted walnuts or peanuts
- 1 teaspoon of white pepper
- ½ teaspoon of freshly ground nutmeg
- 2 teaspoons of cinnamon powder
- ½ teaspoon of coriander

Melt the butter. Add the finely chopped grass and braise it lightly. Then add the honey. Mix in all the remaining ingredients, and make little spice nuts out of the mixture. Let it dry.

Weeds Lemon Meringue Pie✿✿✿

✿ **Recommended amount of grass:**

4g; makes 16 slices
0.25g per slice

For 2 crusts in a spring form with a 24 cm diameter

- 125g butter
- 4g grass without stems and seeds cut as fine as possible
- 4 eggs
- 125g sugar
- a bit of salt
- juice from ½ a lemon
- 1 tablespoon of vanilla sugar
- 4 tablespoons of milk
- 150g flour
- 1 teaspoon of baking powder or baking soda

Lemon Butter Cream

- ¼ l milk
- ¼ package of baking powder or baking soda
- 2 tablespoons of vanilla sugar
- 125g butter
- juice of 1 ½ lemons
- ½ l Cream
- 1 small package of cream stabilizer
- 150g roasted and sliced almonds

Melt the butter, add the grass and let it cool. Separate the eggs. Beat the yolk and the sugar until it is foamy. Add the spices, milk, and the grass butter and beat it together well. Sift the flour and mix it with the baking powder or baking soda, then stir them in slowly. Put baking paper in two spring forms and fill them with the mixture. Preheat the oven to 170 degrees Celsius. Beat the egg-whites stiff with the rest of the sugar and spread it on the crusts. Bake them in the preheated oven on the middle rack for about 30 minutes. For the filling, boil the milk, cream powder, and vanilla cream together. Sprinkle vanilla sugar on the surface, so that it doesn't develop a skin. Beat the butter, and add it bit by bit to the cooled vanilla cream. Then give it aroma with the lemon juice. Spread the cream with cream stabilizer on the first crust, keeping back 2 tablespoons of cream. Beat the whipping cream stiff and spread it over the butter cream. Now lay the second crust on top and push it down. Spread the rest of the cream on the edges and garnish with the roasted almonds. Lay out grass leaves on top as a stencil. Sprinkle powdered sugar on top, and then carefully remove the leaves.

Grass-green Cinnamon Stars ✨

✨ Recommended amount of grass: Christmas Pastries

6g; makes about 120 stars

0.05g per star

2 tablespoons of butter

6g finely chopped grass

2 tablespoons of vanilla sugar

3 drops of bitter almond oil

1 tablespoon of cinnamon powder

2 egg-whites

2 pinches of salt

200g sifted powdered sugar

275-325g grated almonds or hazelnuts and hemp seeds (ground to a powder), grated almonds, mixed with a bit of powdered sugar for rolling out

Put two Tablespoons of butter in a pot and briefly braise the grass with the vanilla sugar over a small flame. Afterwards, mix in the spices and let it cool.

Beat the egg-whites stiff with two pinches of salt, adding the powdered sugar bit by bit. The mixture must be stiff enough that a knife leaves a visible cut in it. Keep two tablespoons of the mixture to spread on the stars.

Now knead in $\frac{3}{4}$ ths of the almond/hemp seed mixture, adding more depending on the firmness.

Preheat the oven to 120 degrees Celsius.

Sprinkle a flat surface with the almond/powdered sugar mixture and roll out the dough approximately $\frac{1}{2}$ cm thick. Cut out stars, and lay them on baking paper on a baking sheet. Brush on the extra egg-white mixture. (If the frosting is not smooth enough, stir in a bit of water.)

Bake on the middle rack of the preheated oven for 20-30 minutes.



Basel Grass Leckerlis
Grass-green Cinnamon Stars
Grass Marzipan Potatoes

Basel Grass Leckerlis ^{✦✦✦}

✦ Recommended amount of grass:
7g; makes about 140 pieces approxi-
mately 0.06g per leckerli

- 10g butter
- 7g finely chopped grass
- 250g honey
- 80g sugar
- a bit of salt
- rum
- the juice of ½ a lemon
- 1 tablespoon of cinnamon powder
- ¼ teaspoon of freshly grated nutmeg
- ¼ teaspoon of ground cloves
- 1 egg
- 325g flour
- 2 tablespoons of vanilla sugar
- 1 small package of baking powder
- 75g ground hemp seeds
- 35g candied lemon peel
- 35g candied orange peel

Frosting

- 50g sugar
- 2 tablespoons of water

In Honour of the Swiss.

Warm the butter and briefly braise the grass in it at a low tem-
perature.
In a second pot, warm up the honey, sugar, and salt until the
sugar dissolves sufficiently. Then put it in a mixing bowl with
the grass butter. While the mixture is still warm, add the rum,
lemon juice, and spices, and stir in the egg. Work in a third of
the flour. Mix the rest of the flour with the vanilla sugar, baking
powder or baking soda, hemp seeds, candied orange peel, and
candied lemon peel. Knead it together with the honey mixture
into a stiff dough. If it is too sticky, add a bit more flour. Let the
dough sit for one hour in a cool place.
Preheat the oven to 170 degrees Celsius.
Roll out the dough until it is a half centimeter thick, then place
it on top of baking paper on a baking sheet. Bake it on the mid-
dle rack for 20-30 minutes. For the frosting, bring the sugar and
water to a boil while stirring. The water should start to boil, and
large bubbles will form in the pot. The sugar, however, should
not become brown! Brush the hot pastries with the Frosting.
When it has cooled, cut it into 2 x 2 cm squares.

Grass Marzipan Potatoes [✦]

✦ Recommended amount of grass:
6g; makes about 60 pieces, 0.1g per
potato with a diameter of 2 cm

The marzipan potatoes have to dry for one day!

- 30g butter
- 6g finely chopped grass
- 50g sifted powdered sugar
- 300g raw marzipan
- 2 shots of amaretto

Melt 20g of butter and lightly braise the grass in it. Stir in a third
of the powdered sugar, and with the help of the food processor,
chop it fine.
Knead the marzipan with the rest of the butter until it is soft.
Add the amaretto and then knead in the grass mixture so that it
turns into a soft yet stiff mixture. Work in some more powdered
sugar if you like.
Form small potato shaped balls with your hands and lay them
on a baking sheet. Let the marzipan potatoes dry for one day,
and then store them in a container.

Grass Coins for Diabetics [✦]

✦ Recommended amount of grass:
2g; makes 50 pieces, 0.04g per Coin
with a diameter of 3 cm

- 150g butter
- 2g finely chopped grass
- 50g diet raw marzipan
- 65g fructose
- 1 egg yolk
- 1 pinch of salt
- juice of ½ a small lemon
- 1 tablespoon of vanilla sugar
(made with diabetic sugar) or
- 2 drops of vanilla extract and
a bit of cinnamon
- 250g pastry flour

Melt 50g of butter, lightly braise the grass, then add it to the rest
of the butter. Knead the marzipan with a bit of the grass butter
until it is soft. The mixture must not become foamy! Knead in
the pastry flour.
Separate the dough into two halves and roll them into two equal
cylinders. Let them sit for at least one hour in a cool place, then
cut 3 mm thick coins from the cylinders.
Preheat the oven to 180-200 degrees Celsius, and bake for 8-10
minutes.

Lemon Grass Sticks ^{✿✿}

✿ Recommended amount of grass:

7g; makes about 130-140 pieces
approximately 0.05g per stick

200g butter
7g finely chopped grass
150g sifted powdered sugar
2 tablespoons of vanilla sugar
6 egg yolks
2 pinches of salt
the grated peel and juice
from 1 organic lemon
450g sifted flour

Frosting

100g sifted powdered sugar
3 tablespoons of lemon juice

Melt 50g of butter and lightly braise the grass in it. Let it cool. Knead the rest of the butter with the powdered sugar, vanilla sugar, egg yolks, and spices. Then work in the flour. Let the dough set in a cool place for at least one day.

Preheat the oven to 180 degrees Celsius.

Then separate the dough into four pieces, and roll each of them into a 6 cm wide strip, ½ cm thick. Cut out 1 cm wide sticks with a dough scraper or a knife. Lay them on baking paper on top of a baking sheet, and bake them in the preheated oven on the middle rack for about 12 minutes.

Stir the powdered sugar and the lemon juice together. Load the frosting into a piping bag, cut off the tip, and squeeze out wave shapes on top of the cooled sticks.

Tip: Piping bags are easy to make. Just cut a 30 x 30 cm square out of baking paper, fold it diagonally, and cut along the fold. Roll up the resulting triangle. Fold in 2/3 of the paper at the top. Fill it with the mixture, and then cut off the tip. Then roll up the filling end. The more toward the tip you cut, the smaller the hole will be.

If you would like to see an example of how this works, check out the video on our website



Lemon Grass Sticks
Orange Grass Buttons

Orange Grass Buttons

 **Recommended amount of grass:**
7g; makes 140 pieces
0.05g per piece

200g butter
7g finely chopped grass
150g sugar
juice and peels from
2 organic oranges
or orange zest
6 egg-whites
2 pinches of salt
200g sifted flour

Glaze
150g sifted powdered sugar
4 tablespoons of orange juice
grated orange peel
finely chopped grass, or grated
pistachios for garnishing

Melt 50g of butter and briefly braise the grass into it at a low temperature. Combine it with the rest of the butter. Stir the grass butter with 50g of sugar until it is foamy, then mix in the orange juice. Beat the egg-whites stiff with the rest of the sugar (100g) and the salt. (You can use the left over egg yolks when preparing the recipe “Lemon Grass Sticks.) Mix the flour and the orange peel. Add it to the butter bit by bit. Then carefully stir in a bit of the stiff egg-whites, followed by the rest. Preheat the oven to 150 degrees Celsius. From a piping bag with a large spout, squeeze out walnut sized buttons of the mixture onto baking paper laid out on a baking sheet. The buttons will spread out flat, so leave enough space between them. Bake the buttons on the middle rack of the pre-heated oven for 10-12 minutes.

Tip: For people with a sweet tooth, you can glaze the buttons. Just stir the powdered sugar in with the orange juice and brush the buttons with it. Grated pistachios provide a matching colour for garnishing.

Hemp Oat-flakes

 **Recommended amount of grass:**
5g; makes 65 pieces
approximately 0.13g per ball
with a diameter of 3 cm

150g butter
5g finely chopped grass
150g sugar
1 tablespoon of vanilla sugar
1 egg
a bit of lemon juice
a bit of cinnamon powder
80g of whole-grain flour
1 teaspoon of baking powder
or baking soda
100g fine oatmeal
50g coconut flakes
100g chopped almonds
50g raisins

Warm up 50g of butter and briefly braise the grass in it at a low temperature. Combine with the rest of the butter. Stir the grass butter together with the sugar, vanilla sugar, egg, and spices. Mix the flour with the baking powder or baking soda and the oatmeal and stir them in. Finally, carefully mix in the coconut flakes, almonds, and raisins. Lay out a baking sheet, covered in baking paper. Preheat the oven to 175 degrees Celsius. With wet hands, make small balls with a diameter of 3 cm out of the dough and lay them with space in between on the baking sheet. Bake on the middle rack of the preheated oven for about 15 minutes.

Savoury Grass Torte ^{***}

✦ **Recommended amount of grass:**
5g; makes 15 pieces
0.3g per piece.

**For a spring form with
a diameter of 20 cm**

- 300g puff pastry
(deep frozen or better, fresh)
- 100g onions
- a bit of butter
- 5g finely chopped grass
- 600g fresh cream cheese
- 2 teaspoons of tomato purée
- 1 pinch of salt
- pepper
- paprika
- a splash of lemon juice
- a pinch of sugar
- Worcester sauce
- 2 cloves of garlic
- 16 radishes

Roll out the puff pastry until it is thin and cut out two crusts with a diameter of 20 cm. Place baking paper on a baking sheet or rinse it with cold water. Lay the crust on it and let it sit for 20 minutes.

In the mean time, preheat the oven to 220 degrees Celsius. Bake the crust on the middle rack for 15 minutes.

Chop the onions into fine pieces and braise them in a bit of butter. Add the finely chopped grass, stir it up, and take it off of the stove. Combine 300g of the cream cheese with the tomato purée and the onions, then add the spices to taste. Spread the mixture out on the first crust. Lay the second crust on top and push down gently. Combine the garlic with 250g of the cream cheese and add spices to taste. Spread the mixture on top of the torte.

For garnishing, cut the torte into 16 pieces. Put the rest of the cheese in a piping bag and squeeze a rosette onto each piece. Set a radish on top of each rosette.



Supergrass Slices✿✿✿

✿ Recommended amount of grass:
6g; makes about 120 slices
approximately 0.05g per slice

For a 36 x 30 cm baking sheet

250g butter
125g sugar
a bit of salt
juice of ½ a lemon
4 tablespoons of water
500g flour

Filling

20g butter
6g finely chopped grass
100g honey
a bit of lemon juice
1 egg yolk
30 ml cream
250g roasted and ground
hemp seeds
100g chopped walnuts or
ground sunflower seeds
100g raisins soaked in amaretto

Frosting

200g powdered sugar
2 teaspoons of amaretto

An homage to the wonderful film, “Supergrass,”
by Patrick Duval.

Knead together the butter, sugar, spices, and water, then work in the flour and let the dough sit for one hour in a cool place. For the filling, melt the butter and briefly braise the grass in it. Add the honey and lemon juice. As soon as the filling has cooled, stir in the egg yolk and cream. Knead in the hemp seeds, nuts or sunflower seeds, and raisins. Preheat the oven to 200 degrees Celsius. Roll out half of the shortcrust and lay it on baking paper on top of a baking sheet. Spread the filling out on the shortcrust and lay the second piece on top of the filling. Poke a number of holes in the surface, and bake the whole thing on the middle rack of the preheated oven until it is golden brown. For the frosting, stir together the powdered sugar and amaretto, and brush it on the cake after it has cooled. Cut the sheet cake into pieces about 2 x 4 cm.

Hemp Banana Bread✿✿

✿ Recommended amount of grass:
4g; makes about 20 pieces
approximately 0.2g per piece

**For a 30 cm long cake tin buttered
and sprinkled with bread crumbs**

30g butter
4g finely chopped grass
2 ripe bananas
120g bee honey
4 eggs
2 tablespoons of milk
200g gluten-free flour mix
100g ground hemp seeds
1 teaspoon of baking powder
or baking soda
3 tablespoons of vanilla sugar
50g cornstarch
a bit of salt

Gluten-free!

Melt the butter and briefly braise the grass into it at a low temperature. Purée the bananas and stir in the grass butter. Stir the honey with the egg yolks until they become foamy, then stir in the milk and the cooled banana mush. Mix the sifted flour with the hemp seeds and the baking powder or baking soda, then stir it into the mixture bit by bit. Beat the egg-whites very stiff with the vanilla sugar, stir in the cornstarch together with a bit of salt, and then fold it in with a whisk. Preheat the oven to 160 degrees Celsius. Fill the prepared form with the mixture and brush it smooth. Bake it on the middle rack of the preheated oven for 50-60 minutes. Hubert’s Tip: If bread or other pastries become too moist, one can cut them into thin pieces and bake them a second time (at 180 degrees for 10 minutes). Rusk had a decisive influence on this makeshift manoeuvre, and perhaps came about this way.

Hemp Bread in a Flower Pot

Recommended amount of grass:

4g; makes 2 x 4 portions

0.5g per piece

Two sparkling, brand new flower pots with a diameter of 13 cm

500g flour
 30g yeast
 1 pinch of salt
 1/8 l lukewarm milk
 1/2 l water
 2 onions
 2 garlic cloves
 4g grass without stems and seeds
 50g butter
 1/2 teaspoon of salt
 1 teaspoon aniseed powder
 2 pinches of freshly ground nutmeg
 1/2 teaspoon of dried rosemary
 2 eggs
 hemp seeds for sprinkling

Work 350g of the flour, the yeast, sugar, lukewarm milk, and water into a sponge (thick batter). Let it sit for 15 minutes.

Butter the flower pots. Chop the onions, garlic, and grass into fine pieces. Braise the onions and garlic in the butter, adding the spices as you go. Finally, braise the grass with it for a short time. Let it cool, then stir in the eggs.

Knead the rest of the flour into the sponge. Next, knead the spice mixture into the yeast dough. Let it sit for another 15 minutes. Separate the dough and put it into the two flower pots. Let it sit for a further 20 minutes.

Preheat the oven to 220 degrees Celsius.

Brush the surface of the bread with water, then sprinkle on the hemp seeds.

Bake the bread on the lowest rack for 40 minutes.



Grass Wreath

 **Recommended amount of grass:**

4g; makes 20 pieces
0.2g per piece

For a buttered ring cake form with a diameter of 24 cm

500g flour
1 yeast cube (40g)
¾ l lukewarm milk
125g butter
100g sugar
2 eggs
2 tablespoons of lemon juice
pinch of salt
2 tablespoons of vanilla sugar
cinnamon powder

a bit of butter
4g finely chopped grass
25g ground poppy-seeds
40g ground hemp seeds
¾ l hot apple juice
2 Tablespoons of raisins
1 egg yolk
chocolate frosting or
powdered sugar

Work the flour and the yeast into the lukewarm milk until you have a dough. Let it set for 10 minutes. Melt the butter. Whisk in the sugar, eggs, lemon juice, and spices. Add it all to the sponge (thick batter), and work it into a soft dry yeast dough. Let the dough set for a further 20 minutes.
Put a bit of butter in a pot, and add the finely chopped grass, poppy-seeds, hemp seeds and apple juice. Slowly bring it all to a low boil. The mixture should be neither too thick nor too runny. Add the raisins and let it cool.
Preheat the oven to 180 degrees Celsius.
Roll out the yeast dough into a 54 cm long rectangle. Spread the filling evenly over the dough with a dough scraper. Roll the dough up longwise. Brush the edges and the ends with whisked egg yolk and push them together well so that the filling doesn’t bulge out. Place the roll into the ring cake form with the fold down and join the ends together.
Bake the wreath cake on the lower rack of the preheated oven for about 40 minutes.
Brush on chocolate frosting or sprinkle with powdered sugar.

Grass Buckwheat Bread

 **Recommended amount of grass:**

6g; makes 20 pieces
approximately 0.2-0.3g per slice.

500g buckwheat
30g yeast
1 teaspoon of sugar
450 ml lukewarm water
(300-350 ml for the sponge)
2 tablespoons of safflower oil
6g finely chopped grass
1 egg
2 tablespoons ground nuts
or hemp seeds
½ teaspoon of salt
nuts or hemp seeds
for sprinkling on top

Knead a third of the flour with the yeast, sugar, and 300-350 ml of lukewarm water into a sponge (thick batter). Let it sit for about 10 minutes.
Warm up the safflower oil and braise the grass in it at a low temperature. Let it cool.
Combine the rest of the flour with the rest of the water and the egg, then knead it into the sponge. Mix the nuts or hemp seeds with the grass and knead them in as well. If the dough becomes too hard, add a bit of water.
Form the dough into a round loaf, cover it with a towel, and let it set in a warm place for 20 minutes.
Preheat the oven to 180 degrees Celsius.
Lay the bread on baking paper on top of a baking sheet, and make two cuts longwise in the bread. Brush the dough with water and sprinkle on your choice of hemp seeds or nuts, then push them down lightly. Bake the bread on the middle rack of the preheated oven for 50-60 minutes.

THE HIGH ART OF

The most important thing first:	Hemp seeds contain no THC (Tetrahydrocannabinol). They do not fall under the narcotics laws and are thus freely available in shops.
Where can I buy hemp seeds?	In hemp shops and in pet food stores. The price per kilogram for “hemp birdseed” in Germany is between 3 and 6 Euros, around 10 Swiss Franks. “Organic hemp seeds” is available starting at 9 Euros. In the USA, the price for a kilogram of “organic hemp” is between 20 and 50 dollars. The extremely high price is a result of the ban on hemp production which means that the seeds must be imported.
How do I prepare the seeds to work with them as a food product?	Due to the fact that the seeds serve as bird food, they contain troublesome additives, small stones, and a lot of sand. Unfortunately, the seeds are foolishly set under sun lamps in order to prevent their ability to germinate. Hopefully, this will soon be a thing of the past. Since 1996, hemp can be legally grown in Germany, providing an increased chance for fresh seeds in the coming years. Soak the seeds in the sink. Wait a few minutes so that the stones sink to the bottom. Then the seeds can be placed without too much trouble in a sieve with your hands. Wash them again. Let them drip dry and then dry them in the oven at 200 degrees Celsius. Turn them over often.
What is the best way to grind up the seeds?	Manual or electric coffee grinders work very well. Small household machines, for example the traditional household mixer with a glass top, are also effective. Flour mills are not recommended because hemp seeds contain a high level of protein and the millstones stick together and can become unusable.

Baking with Hemp Seeds from Commercial Hemp

Berliner Hemp Crescents [✦]

For approximately 60 pieces

280g flour
100g ground hemp seeds
200g butter
70g sugar
2 egg yolks
1 pinch of salt
5 tablespoons of vanilla sugar
50g sifted powdered sugar

Mix the sifted flour with the hemp seeds, then knead it with the butter, sugar, egg yolks, and salt into a shortcrust. Wrap up the dough and let it set for 2 hours in the refrigerator.

Preheat the oven to 180 degrees Celsius.

Form the dough into small rolls. Cut them into five centimeter long pieces, and bend them into a crescent form. Lay them on baking paper on top of a baking sheet.

Bake them on the middle rack of the preheated oven for 10 minutes until they are golden brown.

Mix the vanilla sugar and powdered sugar, and roll the crescents around in the mixture while they are still warm.

Hemp Seed Museum Cake ^{✦✦}

**For a spring form with
a diameter of 26 cm**

300g butter
7 eggs
250g sugar
1 pinch of salt
2 tablespoons of vanilla sugar
juice of ½ a lemon
130g flour
300g ground hemp seeds
90g cornstarch

Knead the butter until it is soft. Separate the eggs. Vigorously beat together 50g of sugar, the spices, and the butter.

Mix the flour with the ground hemp seeds. If the seeds are still too coarse, you can grind them again. Stir the mixture into the butter bit by bit.

Preheat the oven to 210 degrees Celsius.

Beat the egg-whites stiff with the rest of the sugar and then carefully stir in the cornstarch. Stir in a third of the egg-whites and then carefully fold in the rest. Place the mixture in the buttered spring form sprinkled with bread crumbs.

Bake the cake for about 10 minutes at 210 degrees Celsius. Then reduce the heat to 190 degrees and bake an additional 40 minutes.



Chocolate Hemp Macaroons ^{✿✿}

For approximately 60 pieces

- 100g dark chocolate coating
- 250g ground hemp seeds
- 50g cornstarch
- 4 egg-whites
- 200g sugar
- 1 pinch of salt
- 1 small package of wafer papers for baking

Shred the chocolate into shavings and mix it with the ground hemp seeds and cornstarch.
Beat the egg-whites stiff with the sugar and a pinch of salt. Carefully fold the chocolate hemp mixture into the egg-whites.
Preheat the oven to 180 degrees Celsius.
Rinse a baking sheet with cold water, then spread out the wafer papers, and place small mounds of dough on them.
Bake on the middle rack of the preheated oven for 15-20 minutes.

Diabetic Hemp Seed Pastries ^{✿✿}

For about 60 pieces

- 250g butter
- 120g fructose
- 2 eggs
- 1 egg yolk
- 1 pinch of salt
- juice of ½ a lemon
- 1 teaspoon of cinnamon powder
- 375g flour
- 150g ground hemp seeds

Knead the butter, fructose, eggs, egg yolk, and spices together by hand. Combine the flour and ground hemp seeds, then knead them in as well, until a homogeneous shortcrust is created.
Divide the dough in half and form the halves into tubes. Let them set for one hour in a cool place.
Preheat the oven to 200 degrees Celsius.
Cut the tubes into 2 cm thick slices and bake them in the preheated oven for about 10 minutes.

Fig Hemp Seed Bars ^{✿✿}

For a baking sheet, makes about 40 bars

For the Filling:

- 500g figs
- 100g ground hemp seeds
- ½l apple juice

For the Dough:

- 300g whole-wheat flour
- 300g butter
- 300g oatmeal
- 90g cane sugar
- 4 tablespoons of sesame seeds
- 40g hemp seeds

Over a small flame, bring all of the ingredients for the filling to a low boil. Don't forget to stir. Add a bit of apple juice if necessary. Cook until it is soft and let it cool.
Knead together all of the ingredients for the dough except for the hemp seeds. Lay a bit more than half of the dough on baking paper on top of a baking sheet. Push the dough down until it is evenly hard (possibly using a rolling pin to help at the end). Spread the filling out on the dough (it should be lukewarm now!). Spread the rest of the dough gently on top of the filling and push it down lightly. You can also sprinkle on a few more seeds.
Bake on the middle rack of the oven at 180 degrees Celsius for 40-50 minutes.
While the sheet cake is still lukewarm, cut it into bars.

Coconut Hemp Seed Bars

**For a baking sheet,
makes about 40 bars**

6 eggs
200g sugar
1 pinch of salt
juice of ½ a lemon
120g wheat semolina (bran)
60g ground hemp seeds
90g coconut flakes
50g cane sugar
90g hemp seeds

Separate the eggs. Beat the egg yolks with 100g of sugar, the salt, and the lemon peel. The mixture should be thick. Mix the wheat semolina with the ground hemp seeds and stir them slowly into the egg mixture. Now beat the 4 egg-whites stiff with 100g of sugar. Fold the whites into the yolk mixture. Preheat the oven to 180 degrees Celsius. Spread the mixture on baking paper on top of a baking sheet. Make sure it is spread evenly! Sprinkle on the coconut flakes, the cane sugar, and the hemp seeds. Bake on the middle rack of the preheated oven for 20 - 30 minutes. Then cut the sheet cake into bar shapes.



THE HIGH ART OF

Desserts with Hash and Grass

Baked Apples [✱]

4 large boskop apples
a bit of butter

Wash the apples, peel them if you like, and generously remove the core.

Preheat the oven to 200 degrees Celsius.

Fill the apples with one of the fillings below and set them in a buttered casserole dish. Bake them on the middle rack of the pre-heated oven for about 20 minutes until they are golden brown.

Hash Curd-filling

10g butter

hash (see the table on page 7
for the proper amount)

25g honey

1 tablespoon of vanilla sugar

30g chopped almonds

a bit of lemon juice

cinnamon

100g low-fat plain curd

(or cream cheese)

1 egg yolk

Melt the butter. Warm up the hash, crumble it, and dissolve it in the butter. Add the honey, vanilla sugar, almonds, and spices. When the mixture has fully cooled, stir in the plain curd and the egg yolk. Fill the apples with the filling and bake as described above.

Grass-Marzipan Filling

30g butter

grass (see the table on page 7
for the proper amount)

50g raw marzipan

50g ground hazelnuts or hemp
seeds

1 tablespoon of vanilla sugar

cinnamon

Warm up half of the butter, braise the finely chopped grass in it, and then let it cool.

Knead the marzipan with the rest of the butter until it is soft. Combine the grass butter with the ground hazelnuts or hemp seeds and the spices.

Fill the apples with the filling and bake as described above.



Mousse Au Shit Chocolate ^{***}

✦ Recommended amount of hash:

1g; serves 4-6
approximately 0.2-0.3g per portion

- 200g dark chocolate
- 20g butter
- 1g hashish
- 4 egg yolks
- 20g vanilla sugar
- 4 egg-whites
- 50g sugar
- 1 pinch of salt
- 1/8 l cream
- 1 small cup of espresso or strong coffee
- 1 shot of amaretto or cognac

For Garnishing

- 1/8 l cream, beaten stiff
- grated chocolate or powdered sugar

Chop up the chocolate and melt it in a double boiler. Melt the butter. Warm up the hash and dissolve it in the butter (on a low heat), then let it cool. Beat the egg yolks with the vanilla sugar until they are foamy and the sugar has dissolved. Beat the egg-whites with the sugar and a pinch of salt until they are very stiff. Beat the cream stiff as well. Stir the espresso and liqueur into the dissolved chocolate until it's nice and shiny. After that, stir in the egg yolk mixture (it should be lukewarm). Then fold in a small amount of the stiff egg-whites, followed by the rest. In the same way, fold in the stiff cream. Portion the mousse into glasses or put it all in a bowl. Let it cool in the refrigerator for at least 4 hours. Before serving, garnish with whipped cream and chocolate shavings. Alternately, you can lay a hemp leaf on top and sprinkle on powdered sugar. Then carefully remove the hemp leaf.



Hashimisu

 **Recommended amount of grass:**
2g; makes 4-6 portions
0.4-0.6g per portion

For Soaking the Cookies

100 ml strong coffee (espresso)
2g hashish
50 ml cream
3 tablespoons of vanilla sugar
2 shots of amaretto

100-150g biscotti or 1 crust,
sliced into strips
2 tablespoons of honey
30g sugar
2 tablespoons of vanilla sugar
4 egg yolks
250g mascarpone cheese

Cocoa for sprinkling

**The world-famous dessert “Tiramisu”, in english
“pick me up,” with a lasting effect.**

First prepare the liquid for soaking. Make the coffee. Warm the hash, and crumble it. Heat up the cream, add the vanilla sugar, and then dissolve the finely crumbled hash in it. Pour the amaretto into the coffee.

Lay out the sponge fingers or crust strips in an appropriately sized bowl. With a hand mixer, stir the honey, sugar, and vanilla sugar together very well. Add the egg yolks and stir until you produce a stiff, creamy mass. Finally, stir in the mascarpone. Soak the prepared cookies or crust with the coffee mixture. Then spread the mascarpone on top. Place it in the refrigerator for at least 2 hours and sprinkle it with cocoa before serving.

THE HIGH ART OF

Cooking with Hash, Grass, and Hemp Seeds

For everyone who can’t get enough of the ambrosial herb and don’t want to content yourself with pastries and desserts, here is a small selection of recipes...

THE BASIC RECIPE FOR **Grass Butter** ✨

If you want to hold on to grass butter and the goodies you make with it for a longer period of time, it is best to use clarified butter (also known as brown butter). Clarified butter is also recommended for persons suffering from lactose intolerance http://en.wikipedia.org/wiki/Lactose_intolerance, a condition that is becoming increasingly common. Normal butter can be used, of course, as long as you don't have any health problems and plan to eat the baked goods reasonably quickly.

If you have a bit of time and patience, you can make clarified butter yourself. First warm up normal butter in a pot. When the butter starts to foam up, skim off the foam with a perforated spoon. Repeat this process until no more foam rises to the surface and the rest of the water evaporates.

For the person who is short on time, pre-made clarified butter is sold in Asian grocery stores as Ghee. It can also sometimes be found in the supermarket as "butterfat".

To process the grass butter, melt the butter in a pot, add the dried and finely pulverized grass, and bring it to a low boil over a small flame for at least 13 minutes.

Personally, I only use the buds and the leaves. I separate them from the stems beforehand. You can cook other parts of the plant in the butter, as long as you filter it through a sieve or a towel afterwards. It's a matter of opinion and taste as well as a question of time.

In a refrigerator or freezer, grass butter stays fresh for a very long time. It is important to keep it in a sealed container. Otherwise, it will quickly take on the taste of the foods with which it is being stored.

If you intend to use homemade grass-butter for a particular recipe, be sure to adjust the amount of butter to match the desired intensity of your high.

SINGLE DISH: **Pancakes** ✨

- 10g butter hashish**
(see the chart on Page 7 for the proper amount)
- 1 egg**
- 15g flour**
- 20g sugar**
- 10g butter to grease the pan**

Melt the first 10g of butter. Briefly warm up the hash, crumble it, and dissolve it in the butter. Let it cool.

Stir the egg yolk into the hash butter, then add the flour. Beat the egg-white stiff with the sugar and fold it in. Melt the other 10g of butter in a frying pan and pour the mixture on it. When the underside turns golden brown, flip it over and let it cook through. Eat hot with fresh fruits, chocolate sauce, or your favourite topping!

Millet Grass Casserole ✨

- Serves 2**
- 1 onion, finely chopped**
 - a bit of sunflower seed oil**
 - 100g millet**
 - ½ l vegetable broth**
 - 2 tablespoons of lemon juice**
 - 1 garlic clove, smashed in salt**
 - 1 egg**
 - 1/8 l cream**
 - 1 pinch of salt**
 - pepper**
-
- 1 zucchini**
 - 2 fennel roots**
 - 50g sunflower seeds**
 - a bit of butter**
 - finely chopped grass**
(see the chart on page 7 for the proper amount)
 - 1 bunch of parsley, finely chopped**
 - 70g strong cheese, grated**
 - a bit of butter**

Gluten-free!

Brown the onions in oil. Add the millet and briefly braise it. Pour in the vegetable broth, and over a low heat, bring the mixture to a low boil for 40 minutes. Then add the lemon juice, garlic, egg, and cream. Stir the mixture together, adding salt and pepper to taste.

Wash the vegetables and cut them into thin slices. Roast the sunflower seeds in a bit of butter. As soon as the seeds are brown, stir in the grass and briefly braise it. Add the finely chopped parsley and stir it all into the millet.

Preheat the oven to 200 degrees Celsius.

Butter the casserole dish and spread the vegetables around inside it. Fill it with the millet, then put the buttered cheese and flakes of butter on top. Bake on the middle rack of the preheated oven until it becomes golden brown.

Basil–Grass Pesto ✨

1 bunch of basil
1g grass
(without the stems of course)
10g butter
100g pine nuts
70g finely grated parmesan cheese
3 cloves of garlic
¼ l olive oil

Dry the pine nuts and roast them in a pan, then let them cool. Crumble the grass up finely and sweat it in the butter at a very low temperature, then let it cool as well. Mince the pine nuts, grass butter, plucked basil leaves, and garlic cloves with a grinder, food processor, or hand blender until it turns into a grass-green mash. Add the finely grated parmesan cheese and make it into a paste by adding the olive oil. Add salt and pepper to taste.

Tip: Pesto keeps longer in a glass, covered with a layer of olive oil!

Pizza Grass Muffins ✨✨✨

✨ **Recommended amount of grass:**
0.6g; makes 12 pieces
approx. 0.05g per muffin

Make a sponge out of these ingredients and let it sit for 8 minutes.

130g wheat flour
100 ml lukewarm water
20g fresh yeast, or half a package of dried yeast

For the Dough:

100g spelt or wheat flour
20g cornmeal
1 egg yolk
2 tablespoons of olive oil
1 teaspoon of salt

Add these ingredients and knead until you have a smooth yeast dough. If the dough is too firm, add a bit of water. Let it sit an additional 10 minutes.

For the Filling:

3 tablespoons of tomato paste
1 large onion
1 bell pepper and/or fennel Celery (approx. 70g)

Put the butter in a pot and lightly braise the grass in it on a low flame. Cut the vegetables as small as possible and add them to the grass butter. Let it cool. Mix the tomato paste with the spices and add a bit of olive oil.

Optional:
a bit of tuna or salami
2 tablespoons of butter
0.6g chopped grass

Roll out the yeast dough into a rectangle (approx. 36 x 13 cm). Spread the spiced tomato paste on the dough with a tablespoon. Then spread the vegetables on top. Roll the long side toward the top and cut the log into 3 cm wide pieces. Lay the “pizza snails” into the “muffin-form” and sprinkle the cheese on top. Let it sit for another 8 minutes.

Spices:
bit of oregano, paprika, salt, pepper, and chilli

Bake the muffins on the middle rack of a 220 degree Celsius pre-heated oven for 10 minutes.

Optional:
fresh ginger and/or garlic

For Sprinkling:

mix 70g grated cheese
(e.g. “Emmentaler”)
and 30g of grated parmesan.

Aphrodite, Venus and the Parsley Salad ✨

An aphrodisiac dinner for two

- 2 tablespoons of vegetable broth powder
- 2 tablespoons of Damiana leaves
- 2 tomatoes
- 1 small chilli
- 1 small peperoncini /hot chilli
- 1 small zucchini or head of broccoli
- 4 spring onions or 1 leek
- 2 tablespoons of butter
- hash (see the chart on page 7 for the proper amount, also consider that more doesn't equal more love, but rather sleepy cuddle buddies)
- ¼ l cream
- a bit of olive oil
- 1 banana
- 1 parsley root, finely chopped
- 2 bay leaves
- 2 garlic cloves, crushed, with salt
- a bit of freshly ground nutmeg
- 1 pinch of salt, pepper, paprika
- a bit of lemon juice and sugar
- a bit of chilli - for those that like it hot!
- 1 bunch of fresh parsley, chopped fine

Was it really the apple that Eve slipped Adam? Or was everything totally different...

Aphrodite's Vegetables

Boil ¾ of a liter of water, use ¼ of a liter to make the vegetable broth and ¼ of a liter for the Damiana leaves. The tea should steep for at least 20 minutes. (Medicine men recommend for “difficult cases” a brew that was steeped for 24 hours!) After that, remove the leaves. With the rest of the boiling water, blanch the tomatoes, then pull off their skins and remove the stems. Wash and clean the vegetables, then cut them into small cubes. Melt the butter. Warm up the hash, crumble it, and dissolve it into the butter. Pour in the cream and the Damiana leaves. Sauté the cubed vegetables in olive oil. Add the cubed bananas and the squashed tomatoes and braise them. Deglaze with the broth, add the Hash-Damiana mixture, and let it simmer for about 20 minutes. Add the finely chopped parsley root and the bay leaves and let them cook. Add garlic, nutmeg, and the remaining spices to taste. Sprinkle on the finely chopped parsley directly before serving. Sticky rice goes well with this dish.

Tip: Damiana (turnera diffusa) is a domestic shrub that grows in Mexico, Texas, and California and can be up to two meters tall. It is an old, native american aphrodisiac. The dried leaves were smoked or made into a tea. Even more effective are alcoholic extracts. Damiana is said to have an euphoric and aphrodisiac effect and makes it easier to breathe. In addition, the abdomen becomes more heavily supplied with blood. It can also serve as a good replacement for tobacco, as it has a less harmful effect. Damiana is available in all well stocked herb shops. It can also be ordered from: <http://www.sensatonics.de>

Parsley Salad

- 4 tablespoons of olive oil
- 2 tablespoons of balsamic vinegar
- a bit of water, or juice
- dry or fresh herb mix
- 3 teaspoons of mustard
- 1 teaspoon of horseradish
- 1 garlic clove, smashed in salt
- 1 pinch of salt, pepper, sugar, a bit of Worcester sauce and lemon juice
- 100g fat-leaf parsley

Stir together the oil, vinegar, and water/juice. Grind the herbs into fine pieces with your hand, then stir them in along with the mustard and the horseradish into the vinaigrette. Add the garlic and the spices to taste. Wash the parsley well, then dry it well. Cut it into small pieces and add it to the sauce.

For a drink with your meal, I recommend a glass of champagne or peppermint tea with fresh lemon.

THE HIGH ART OF

How does the THC get in the Tea?

There are various methods to dissolve Tetrahydrocannabinol (THC) into liquids. The two most commonly used are decocting it from pulverized hash or grass, and dissolving it in butter, cream, and unhomogenized milk.

With decocting in water, the difficulty is that the THC becomes precipitated, but doesn't dissolve. Instead, in the form of grease drops, it rises to the surface and sticks to the edge of the pot. Thus, we need a suitable emulsifying agent, so that the fat and the water rejoin. A couple of drops of cream or whole milk serve this purpose. Sugar and honey are also suitable, however only in very high doses.

With spiced teas, one can boil everything together. Black and herbal teas should be made separately, and then combined with the hash or grass, so that no THC is lost in the extract.

My preferred method is dissolving in butter, cream, and whole milk. Because apples mix best with apples, the butter should be melted and the hash dissolved in it. Stir it well and make sure not to let it get too hot! Take the pot off of the flame, add a few drops of cream, and pour in milk while steadily stirring until the amount of liquid has increased fourfold. You can use this base when making cocoa, milk with honey, or café au lait.

Hot and Cold Drinks with Hemp

by **Frank T. Wortmann**

Kir de Kif

Serves 5 people

1 bottle of sparkling wine
or champagne
1-2g hashish
2cl crème de cassis
or raspberry syrup
1 tablespoon of sugar

Careful: contains alcohol!

Heat up a glass of sparkling wine or champagne (1cl) with the crumbled hash, the liqueur or syrup, and the sugar in a small skillet, then let it cool. Fill the glasses 2 thirds full with the rest of the wine or champagne, and pour in the mixture. Careful, it will foam up a bit. Voila!

Grassroots Milk

Serves 5 - 10 people

50g cannabis roots
3-4g hemp buds
1 tablespoon
of melted butter
2cl cream
1 ½ l whole milk
2 pods of bourbon vanilla
cinnamon

Clean the cannabis roots well. Using a mortar, pound the roots and buds into a fine mash. Combine with the melted butter and cream.
Bring the milk to a low boil over a medium flame and stir in the hemp mixture along with the vanilla pods. Keep it on a low boil for 20 minutes, stirring continuously. Remove the vanilla pods and pass the milk through a fine sieve. Squeeze out the residue. Sprinkle on a bit of cinnamon and serve hot.

Chai High

Serves 5 people

2 cinnamon sticks
6 cloves
6 cardamom pods
¼ teaspoon each of licorice,
ginger and coriander
(or a ready made mixture
for chai or yogi tea from
an Indian grocer)
1-2g hashish
1 ½ l water
1l milk
5 teaspoons of honey

Boil the spices and the crumbled hash in the water for 10 minutes, then remove them and mix in the milk and honey.

Café and Cocoa de Cannabis

Serves 5 people

Cafe

½ l whole milk
½ l strong coffee

Heat up the milk. Melt the hash with the butter in a small skillet. Stir in 2cl of cream, then stir the mixture into the hot milk. Next, add the coffee or cocoa powder.
Beat the rest of the cream stiff. Pour the drink into cups, put a bit of cream on top, and sprinkle cinnamon over it.
Enjoy!

Cocoa

1l milk
2 tablespoons of cocoa powder

1-2g Hashish
1 teaspoon of butter
6cl cream
1 pinch of cinnamon powder

Bhang

Serves 5 people

50g fresh or
10g dried hemp leaves
and buds
1 teaspoon of ground
black pepper
¼ teaspoon of ground
cardamom
½ l water
¼ l yogurt
¼ l milk
2 tablespoons of honey

Grind the hemp leaves and buds, the pepper, the cardamom, and a bit of water into a fine paste in a stone mortar. (Dried hemp leaves must be soaked in water for at least one hour before use.)
Push the paste through a fine sieve or a coarse cloth. Stir it with the rest of the water, yoghurt, milk, and honey, then serve.

Saffron Milk

Serves 4-6 people

½ l milk
10 saffron stigmas
4 cloves
½ teaspoon of ground
cinnamon
1-2g hashish
3 tablespoons of honey
or cane sugar
1 tablespoon of finely
ground pistachios
or cashews

Bring the milk, saffron, cloves, cinnamon, and the finely crumbled hash to a low boil and let it continue to lightly boil for 5 minutes. The milk should not rise.
Take the milk off the burner, remove the cloves, and stir in the honey. Sprinkle on the ground nuts and serve hot.

Herbal Tea with Cream Hash

Serves 5 people

1-2g hashish
1 tablespoon of butter
2 tablespoons of cream
100 ml of whole milk
1L water
1 teaspoon each of
peppermint,
lemon balm,
and fennel seeds
honey

Briefly heat the finely crumbled hash with the butter in a small skillet. Stir in the cream and milk with a whisk and let it stand. Brew a tea from the water and the herbs and let it steep for 10 minutes. Remove the herbs and pour the tea into the cups. Briefly whip the cream again with the whisk. Place 2 to 3 table-spoons of it in every cup and sweeten it with honey.
Of course, you can use this recipe with other tea mixtures, as long as you are familiar with the effects of the other herbs. Recommended are: chamomile, coltsfoot, mullein, aniseed, dog rose, and thyme.

Hash Lemonade

Serves 4 people

1-2g hashish
3 tablespoons of sugar
1 lemon or lime,
juice of 2 oranges
or other citrus fruits
¾ l sparkling mineral water

Heat up the finely crumbled hash with the sugar and lemon or lime while constantly stirring with the whisk until the individual ingredients are completely dissolved. Do not let it boil! Let the resulting syrup cool a bit. Mix it with the juice of the remaining citrus fruits quickly and vigorously. Mix the fruit juice carefully with the sparkling mineral water and serve ice cold. As a decoration, you can place a thin lemon slice on the rim of the glass.

The Physiological and Nutritional Value of Hemp Seeds and Hemp Oil

by **Franjo Grotenhermen**, M.D.

It is healthy to integrate hemp seeds and hemp oil into your diet.

Hemp seed oil is a high quality cooking oil, comparable to other gourmet oils such as walnut or hazelnut. Hemp seeds and oil contain all of the essential amino and fatty acids that the body cannot produce by itself. They lower cholesterol and help to prevent cardiovascular disease. In addition, hemp seeds can have a positive effect on the course of certain medical conditions and the intensity of their symptoms, among them neurodermitis, premenstrual syndrome, rheumatoid arthritis, and diabetic neuropathy, a possible long-term consequence of diabetes.

The advantage of hemp oil is that it has no known side-effects.

Hemp seeds contain only insignificant concentrations of cannabinoids, including THC, which do not cause pharmacological effects. In the 1990s relevant THC concentrations were found in some hemp oils due to improper production, which insufficiently cleaned the seeds. These early problems have long been overcome, and today hemp oils contain very low concentrations of THC. On average, hemp seeds are composed of 28-35% fat, 22-24% protein, and 30-35% carbohydrates. In comparison to other foods, they have high levels of vitamins B and E, calcium, magnesium, potassium, and iron. A gentle form of pressing is indispensable for obtaining a rich hemp oil from high-grade seeds. Cold pressing, a gentle form of pressing in which the seeds are not heated, is the most common method for producing high quality cooking oils. Valuable components such as unsaturated fatty acids and vitamins are preserved during cold pressing. Hemp seeds contain up to 35% fat. Ninety percent of their fatty acids are unsaturated. The degree of saturation of a fatty acid describes the number of the molecule's double bonds. Unsaturated fatty acids, which are primarily found in plant oils but are also present in fish, have one to four double bonds, i.e. they have up to four positions onto which other molecules can attach. Some of these unsaturated fatty acids are essential. The human body cannot produce them and has to ingest them in foods. Linoleic acid and alpha-linoleic acid are two of these essential fatty acids. Linoleic acid is prevalent in the plant kingdom. It is not only highly present in the seeds of the hemp plant (approx. 60% of all fatty acids), but also in sunflower seed oil (approx. 55%), soy (up to 55%), and olive oil (approx. 10%). In contrast, alpha-linoleic acid is less common in higher plants. It is more prevalent in algae, plankton, and crustacean and fish oils. The few seeds in which a significant amount of alpha-linoleic acid is present are hemp (approx. 25%), soy (up to 12%), rapeseed (up to 15%) and flax (up to 62%). 30-40 grams of hemp seeds or 10 grams of hemp oil are enough to cover the daily need of all essential fatty acids. The human body produces another important fatty acid called gamma-linoleic acid (GLA) from linoleic acid. Gamma-linoleic acid is very rarely found in higher plants, with the exception of hemp (2-4%), evening primrose (6-14%), and borage (25-40%). If the human organism experiences insufficient activity of a specific enzyme, called delta-5-desaturase, it produces GLA at insufficient levels or not at all. Possible causes for a reduced activity in delta-5-desaturase include the normal aging process, physical defects, specific diseases such as diabetes mellitus, viral infection, malnutrition, alcoholism, and stress. It is possible to compensate for a reduced activity of this enzyme by ingesting supplementary gamma-linoleic acid. Concentrated GLA from non-hemp sources is available in capsules. Nevertheless, in contrast to the ingestion of these capsules, hemp oil can be integrated into a normal diet.

Gamma-linoleic acid may be beneficial in the following medical conditions:

Neurodermitis. 🌿

This skin disease may have different causes, including a lack of essential fatty acids. Both the ingestion of GLA (a daily intake of 20 grams of hemp oil is recommended) as well as applying the oil directly to the skin may improve the condition.

Premenstrual Syndrome. 🌿

Women suffering from premenstrual syndrome may have a disturbed fat metabolism. In clinical studies where an equivalent of 5 grams of hemp oil per day were administered, patients reported a pronounced improvement in their symptoms.

Rheumatoid Arthritis. 🌿

Certain fatty acids, including gamma-linoleic acid, have been shown to be powerful anti-inflammatory compounds. In the body, they are converted into certain substances (prostaglandins) with anti-inflammatory and immune-system-regulating properties. For this condition, a daily dose of 30-40 grams of hemp oil is recommended.

Diabetic neuropathy. 🌿

Diabetic neuropathy is a possible long term consequence of diabetes mellitus. It is a form of nerve damage and is associated with uncomfortable itching and burning pains. In a clinical study, participants received the equivalent of 12 grams of hemp oil per day, resulting in significant improvements in their symptoms.

Alpha-linoleic acid may be beneficial in the following conditions:

Cardiovascular diseases. 🌿

The low rate of heart attacks and rare occurrence of thromboses in Inuits, as compared to other North Americans and Europeans, is thought to be due to the protective effects of fish oil, rich in N-3 fatty acids, including alpha-linoleic acid. In a study with 600 participants, all of whom had survived a heart attack, the mortality rate of patients who increased their intake of alpha-linoleic acids (approx. 5 grams of hemp oil daily) was significantly reduced.

Chronic inflammation. 🌿

Several studies have shown that N-3 fatty acids may reduce excessive inflammation and have a positive influence on the course of various medical conditions associated with inflammation. Among them are rheumatoid arthritis, chronic bladder inflammation, psoriasis, and ulcerative colitis, a chronic intestinal inflammation.

Oils with high levels of unsaturated fatty acids become rancid rather quickly if they are stored improperly. Light, heat, and oxygen have a negative effect on such oils. Thus hemp oil should be stored in dark bottles, closed, and in a cool place. As a general rule, roasted hemp seeds can be added to most salads and entrees in a similar way to sesame or sunflower seeds. Hemp oil tastes nutty and is an excellent salad oil. It may also be eaten blended with yoghurt.

Cannabis as a Medicine

A Critical Appraisal
by **Joubin Gandjour**, M.D.

In recent years, the rather casual discovery of many consumers that cannabis products help them cope with different illnesses has contributed to the increased interest in cannabis as a medicine. Many experiences of the therapeutic potential of cannabis are not derived from research facilities but rather from a common self medication that is concealed from the doctor. By now, through these lay experiences and media reports, the possible medical use of cannabis has reached a wide social spectrum.

Laws and regulations...

In Germany, the laws governing narcotics (Betäubungsmittelgesetz) were changed five times between January 19th and December 18th of 2009. A specific form of the law was thus, on average, valid for 73 days. Due to constant changes and revisions, it does not seem reasonable to recount the state's position on cannabis in printed form. The following websites contain up-to-date information regarding the legal status of cannabis in specific countries.

http://www.norml.org/index.cfm?Group_ID=5464

<http://www.encode.org/info/LEGAL-SITUATION-OF-CANNABIS-IN.html>

Research on a Notorious Plant

With over 483 known substances and 109 cannabinoids contained therein, Cannabis sativa is regarded as a well-researched plant, chemically speaking. Among these substances, fat-soluble cannabinoids comprise the most meaningful pharmacological group. The fat-soluble cannabinoid Δ9-THC is primarily responsible for the psychotropic effects of cannabis (altered mental states) and some medicinal effects. Knowledge about cannabis and the ability to understand its effects has increased over time. Cannabinoid receptors have been located in the brain and in immune cells. It has also been discovered that the body produces its own cannabinoids (anandamide - from the Sanskrit ananda, meaning blessedness). Nearly all the substances contained in cannabis can by now be synthetically produced. In the United States and Germany, Δ9-THC is available as a synthetic monosubstance under the name Marinol r. Through modification of the structure of natural cannabinoids, new synthetic cannabinoids have been created.

The Healing Herb

Cannabis has a calming as well as a stimulating effect. In high doses, the depressant effects prevail. Users describe an intensified experience of sensory perception as well as changes in mood, concentration, thought processes, and the perception of space and time. As a rule, these changes in consciousness are experienced as comfortable.

The desirable medical effects of cannabis include the inhibition of nausea, increased appetite and weight gain, release of muscular tension, alleviation of pain, sedation, expansion of the bronchial tubes, sinking of intraocular pressure, prevention of epileptic seizures, and elucidation of the mind. In addition, cannabis ingestion is also characterized by its ability to help a person fall asleep, relieve itching, prevent inflammations, reduce fever, prevent tumours, dilate blood vessels, prevent clotting, and prevent diarrhea.

AIDS and Cancer: A profound side effect of many chemotherapeutic and antiviral medications used in the treatment of AIDS and cancer patients is nausea. In the USA as well as in Germany, these patients can legally obtain Marinol r (20-60 mg Δ9-THC for chemotherapy; 5-10 mg for antiviral treatment) or Nabilon r. Some patients experiencing more intense nausea cannot swallow medicine and therefore smoke cannabis cigarettes. The effect sets in faster and it is easier to control the dosage. It has also been shown to have a positive effect on the other causes of nausea.

Especially in the advanced stages, AIDS and cancer patients suffer from weight loss and a lack of appetite. Studies in the USA have determined that Marinol r raises the appetite and weight of AIDS patients when it is taken consistently over the course of a few weeks (5 mg Δ9-THC daily). Cancer patients report experiencing similar improvements. Often, patients say that they tolerate cannabis better than Marinol r. Certain cannabinoids (especially cannabidiol) weaken the psychotropic effects and the side effects associated with Δ9-THC.

Glaucoma: Intraocular pressure can be lowered for a number of hours by either smoking or eating cannabis. In the USA, a few glaucoma patients who reject other medicines receive legal cannabis cigarettes.

Pain: The pain alleviating characteristics of cannabis can be used in treating migraines, joint pain, pain caused by cancer, and other acute or chronic states of pain. When patients are experiencing more intense forms of pain, the dosage of opiates or other pain killers can be reduced by the simultaneous administration of cannabis.

Spasticity and Palsy: Due to its muscle relaxing and pain alleviating properties, cannabis can be used in treating spinal injuries, multiple sclerosis, and disturbed tension in other cases (5-10 mg or more of Δ9-THC per day).

Epilepsy: Cannabis also helps to ease suffering caused by muscle cramps, especially in combination with common anticonvulsants. The health-related side effects of conventional anticonvulsants can be reduced.

Asthma: Because cannabis expands the bronchial tubes, in aerosol (vaporizer) or oral form it can be an effective supplement to existing asthma medications. Smoked cannabis is not recommended, especially in chronic practice, because it damages the mucous membranes of the respiratory tract and thereby intensifies the breathing emergency.

Further uses include the treatment of light sleep disturbances and states of restlessness as well as states of acute depression as a result of serious illness. Pruritus, allergies, neurodermitis, and other illnesses can be alleviated through cannabis use. With neurodermitis, rubbing affected patches of skin with hemp oil (containing gamma-linoleic acids) should be helpful.

Risks and Side Effects

Cannabis is very agreeable and, in a therapeutic dosage, shows no long-lasting bodily side effects. For human beings, there is no known fatal dosage. Cannabis has the potential to induce psychological dependency. The potential for abuse by consumers of medical doses appears to be very small. Acute, undesired effects are an increase in heart rate, dry mouth, and reddening of the conjunctiva. Some patients respond with nausea or a drop in blood pressure.

Smoking cannabis can damage the mucous membranes in the respiratory tract and induce or intensify bronchitis. Frequent and intensive cannabis smoking may cause the building of carcinoma in the respiratory tract. However, cannabis is also known to have cancer preventing characteristics.

The belief that cannabis damages the human immune system has not been substantiated by new scientific findings. Immune stimulative and depressive characteristics have been found (preponderantly with unnaturally high doses in animal testing). A positive influence on the proportion of helper to suppressor lymphocytes (CD4/CD8-Quotient) has also been shown. Although cannabis influences the hormonal balance slightly, an impairment of human fertility is very unlikely.

Fear and panic reactions may occur, especially when inexperienced users consume high doses. There are indications that a change in motivation, concentration, and judgement may appear in certain consumers who use cannabis heavily and often. The initiation and promotion of psychiatric illnesses (schizophrenia) is also discussed. Cannabis increases reaction time and thereby reduces the ability to operate machinery and drive motor vehicles. Drawbacks comparable to alcohol are seldom reached. In contrast to alcohol, cannabis does not, as a rule, lead to an overestimation of one’s abilities. Often, the reduction of the ability to drive is compensated by a heightened sense of attention and reduction of speed. Traces of cannabis can be found from a few hours up to a few days (depending on the amount consumed) in blood and sweat and can be detected in urine for a few weeks (possibly up to three months).

Warning: Cannabis should not be taken before puberty or by patients who suffer from latent psychosis. People with heart conditions, breast feeding mothers, and pregnant women should be careful in their use of cannabis. (It may be appropriate for Hyperemesis Gravidarum.)

The Right Dose

The desired and undesired effects of cannabis are influenced by differences in individual users. The emotional life, expectation, and bodily constitution are as decisive as the environment in which the cannabis is consumed. Ingesting dishes that contain cannabis can be very insidious, especially with high dosages and inexperienced or unknowing users (“surprise food”). Restlessness, fear, panic reactions, or nausea may result. Care is required when simultaneously enjoying alcohol, because it can intensify undesirable effects. High quality cannabis contains up to 10% Δ9THC. The threshold for the appearance of a psychological effect after eating cannabis is between 0.1 and 0.15g Δ9-THC per 50-60 kg of body weight. The effect appears lagged from 30 minutes to 3 hours after consumption. It can last 5 to 10 hours, even longer with high doses. Smoked cannabis begins to take effect after a few minutes, and its effects should not last longer than 5 hours in general.

Advice: Too frequent use and too powerful dosages decrease the therapeutic effect!

“Too Much” – First Aid in Case of Emergency

If uncomfortable feelings or even fear and panic develop, as a rule calming talk or distractions help. If the situation seems to be getting out of control, one should not be afraid to call a doctor (he is professionally bound to confidentiality) or contact the local poison control center.

Non-binding Price Recommendations

While illegally acquired cannabis in Germany is generally priced around \$12 per gram, cannabis produced in the Netherlands costs about \$8 per gram. Synthetically produced cannabinoids have an incommensurately high sale price: one 1 mg capsule of Nabilon r or a 2.5 mg capsule of Marinol r costs between 22\$ and 25 \$. Given that one gram of dried cannabis contains 100 mg of Δ9-THC (10%), forty times the amount in a 2.5 mg capsule of Marinol r, medicinal cannabis can be used much more cheaply, around 100 times more cheaply than Marinol r!

Tips for Those Who Are Interested

Recommended Literature for Patients: In English:

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Russo E, Grotenhermen F, Eds. 2006. *The Handbook of Cannabis Therapeutics: From Bench to Bedside*. Binghamton/New York: Haworth Press.

Contact Addresses / Web links

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<http://www.cannabis-med.org>

Further Websites

<http://www.hanfverband.de>
<http://www.hanfmuseum.de>

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Index of Recipes

Sweet Pastries with Hash

Amsterdamer Special	14	
Brownies	28	
Cannabanana Wreath	23	
Cannabis Poppy Torte	22	
Hash-brown Cherry Cake	24	
Hashish Challah	15	
Hash Chocolate Cake (gluten-free)	27	
Hash Crescents	24	
Hash Ducat Buchtels	12	
Hash Points	26	
Hash Sand Cake	19	
Milk Toffee, Indian	26	
Shit biscuits	22	
Shortbread Hash Fingers	20	
Squeezed Hash Cookies	18	
Squeezed Hash Cookies for Diabetics	18	

Savoury Pastries with Hash

Hashew Cookies	32	
Hash Cheese Chips	31	
Hash Cheese Cookies	30	
Hash Cheese Sticks, squeezed	31	

Sweet Pastries with Grass

Basel Grass Leckerli	44	
Cinnamon Stars, grass-green	42	
Grass Coins for Diabetics	45	
Grass Marzipan Potatoes	45	
Grass Spice Nuts	40	
Grass Wreath	56	
Hemp Banana Bread (gluten-free)	53	
Hemp Leaf Curd Cake	38	
Hemp Oat-Flakes	49	
Lemon Grass Sticks	46	
Orange Grass Buttons	48	
Grass Strudel	36	
Supergrass-Slices	52	
Weed Lemon Meringue Pie	41	

Savoury Pastries with Grass

Grass Buckwheat Bread	57	✱✱
Grass Sticks with Poppy and Sesame	39	✱
Hemp Bread in an Flower Pot	54	✱✱
Savoury Grass Torte	50	✱✱✱

Baking with Hemp Seeds

Berliner Hemp Crescents	60	✱
Chocolate Hemp Macaroons	62	✱✱
Coconut Hemp Seed Bars	64	✱✱
Diabetic Hemp Seed Pastries	62	✱✱
Fig Hemp Seed Bars	63	✱✱
Hemp Seed Museum Cake	60	✱✱

Desserts with Hashish and Grass

Baked Apples with Hash-Curd Filling	68	✱
or with Grass-Marzipan Filling	68	✱
Hashimisu	72	✱✱
Mousse Au Shit Chocolat	70	✱✱✱

Cooking with Hashish, Grass and Hemp Seeds

Aprhodite Dinner	78	✱✱
Basic Recipe for Grass Butter	74	
Basil Grass Pesto	76	✱
Millet Grass Casserole (Gluten-free)	75	✱
Single Dish Pancakes	74	✱
Pizza Grass Muffins	77	✱✱✱

Drinks

Bhang	84	
Cafe and Cacao de Cannabis	83	
Chai High	83	
Grassroots Milk	82	
Hash-Lemonade	85	
Herbal Tea with Cream Hash	85	
Kir de Kif	82	
Saffron Milk	84	

Frosting

40

The number of & symbols indicates the complexity and difficulty of the recipes:

- ✱ **easy to make**
- ✱✱ **easy, but not to be underestimated**
- ✱✱✱ **larger expenditure of time**
- ✱✱✱✱ **requires a small amount of working knowledge, and a bit of time**

Measures & Weights

An online converter for all measurements and tables can be found on our website!

U.S. measurements	Metric equivalent
1 teaspoon	5 ml
1 Tablespoon	15 ml
1/4 cup	60 ml
1/2 cup	120 ml
3/4 cup	180 ml
1 cup	240 ml

Butter/Margarine	Cups to Grams
1/8 cup	30 grams
1/4 cup	55 grams
1/3 cup	75 grams
3/8 cup	85 grams
1/2 cup	115 grams
5/8 cup	140 grams
2/3 cup	150 grams
3/4 cup	170 grams
7/8 cup	200 grams
1 cup	225 grams

Sugar	Cups to Grams
1/8 cup	30 grams
1/4 cup	55 grams
1/3 cup	75 grams
3/8 cup	85 grams
1/2 cup	115 grams
5/8 cup	140 grams
2/3 cup	150 grams
3/4 cup	170 grams
7/8 cup	200 grams
1 cup	225 grams

Flour	Cups to Grams
1/8 cup	10 grams
1/4 cup	20 grams
1/3 cup	25 grams
3/8 cup	30 grams
1/2 cup	50 grams
5/8 cup	60 grams
2/3 cup	65 grams
3/4 cup	70 grams
7/8 cup	85 grams
1 cup	95 grams

Nuts (Ground)	Cups to Grams
1/8 cup	25 grams
1/4 cup	50 grams
1/3 cup	65 grams
3/8 cup	75 grams
1/2 cup	100 grams
5/8 cup	125 grams
2/3 cup	135 grams
3/4 cup	150 grams
7/8 cu	175 grams
1 cup	200 grams

Math Tools	
5 g	.175 oz
10 g	.35 oz
15 g	.525 oz
20 g	.70 oz
30 g	1.05 oz
50 g	1.75 oz
100 g	3.5 oz
250 g	8.75 oz

Oven Temperatures

Fahrenheit	Centigrade	Gas mark	Description
225 F	105 C	1/4	Very cool
250 F	120 C	1/2	~
275 F	130 C	1	Cool
300 F	150 C	2	~
325 F	165 C	3	Very moderate
350 F	180 C	4	Moderate
375 F	190 C	5	~
400 F	200 C	6	Moderately Hot
425 F	220 C	7	Hot
450 F	230 C	8	~
475 F	245 C	9	Very Hot

Some people say that the oven temperature should not exceed 180 Celsius (350 Fahrenheit). They claim that exposure to temperatures higher than that destroys the THC. In my experience, pastries that were baked at 200 Celsius (400 Fahrenheit) didn't lose their kick. As a precaution, however, you can set the oven to 180 degrees Celsius and let the pastries bake a little longer. Because every oven is different, I recommend "baking by sight".

Decide for yourself when the pastries are as golden brown as they can be and need to be taken out.

Hemp, an agricultural crop and medicinal herb that dates back millennia, is experiencing a renaissance. The plant displays very special properties, even in the kitchen.

Pastry chef Kathrin Gebhardt reveals the high art of baking cakes, tarts, cookies, and even spicy delicacies using the resin, leaves, and seeds of the hemp plant. And for those who can't get enough of the heavenly herb, a small selection of recipes for main courses, desserts, as well as warm and cold drinks is included.

